THE BEST MOMENTS FROM 2025!

THE ONES YOU REMEMBER AND THE ONES YOU DON'T

The Weekly Dose



FLAT CRAWL
The Secret To The Perfect Funnel!

Tired of taking blood pressures?

HERE'S HOW TO TEST BASED ON VIBES!

Wine & Cheese

hidden codes?

A recent photo from social sports may have hidden meanings... Because what the hell are they possibly trying to spell lmao. Even they're confused ijbol.

Plus

STUDENT PROFILES, HOROSCOPES
QUIZZES, AGM, COFFEE REVIEW, ADVICE
P2 CAMP, P2, P3 AND P4 MOMENTS, HOW
MUCH DO I WRITE? IS ANYONE READING THIS?

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nzapso.com



The Weekly Dose

LETTER FROM THE EDITORS.

Kia ora,
On behalf of the yearbook committee, I would like to say a special thanks to everyone that has made this year as amazing as it was.

We created this yearbook with the combined effort of the committee members. We hope you enjoy it! Without their help and dedication this would not have been possible, I greatly appreciate all the work they put in!

I would like to extend a special thank you to everyone in the executive committee for all their hardwork this year. And a special thank you to Gyan Lumo for being the main designer!!

Good luck to everyone for the future and hope you all enjoy the 2025 yearbook :))

Ngā Mihi Nui,
Tala Farah

Special Thanks:
- Naomi Knox
- Rui Yin Chung
- Zoe Turner
- Jacob Spijerkobsch
- Emma Fotheringham
- Gyan Lumo
- Kieran Draper
- Elmira Dvoracek
- Suraiyaa Khan
- Yuvraj Chaudhary
- Sumeetha Raj
- Jade Tau-Manuel
- TPK

Committee Members

Chief Editor:
- Tala Farah
- Gyan Lumo (*& Designer*)

Senior Editor:
- Brynn McBurney

Editors:
- Minh-Tam Haldane
- Grace Dixon
- Devika Gounder

Editors (cont'd):
- Razan Salah
- Eliza Ringor
- Rui Yin Chung
- Naomi Knox
- Taneesha Kumar
- Susanna Chen
- Crystal Yi
- Shavonne Ramiah
- Hope Thitiwan

Happy Reading,
tala & Gyan

Our Platinum Sponsor

CHEMIST WAREHOUSE

PHARMACY GUILD OF NEW ZEALAND

PHARMACY SOLUTIONS

GREEN CROSS HEALTH

The Pharmacy Guild of Australia

Our Silver Sponsors

BARGAIN CHEMIST

Our Bronze Sponsors

Woolworths pharmacy

LRNRX LEARN TODAY, LEAD TOMORROW

Larson's Pharmacy

mas







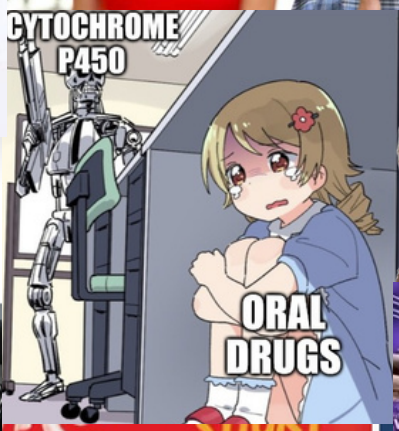


When the whole class has no confidence to answer the easiest question so we just sit there like this







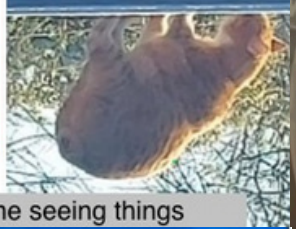










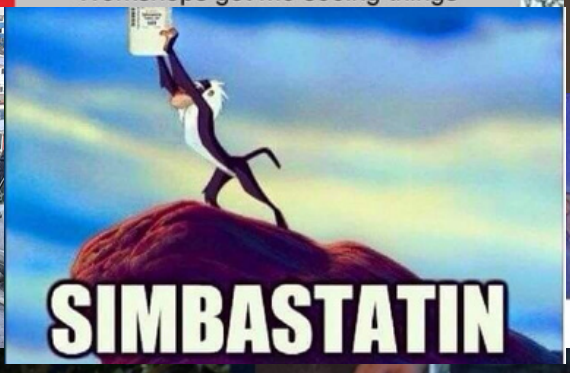


Workshops got me seeing things





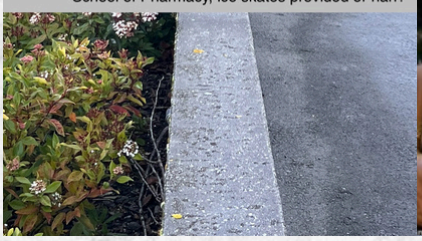








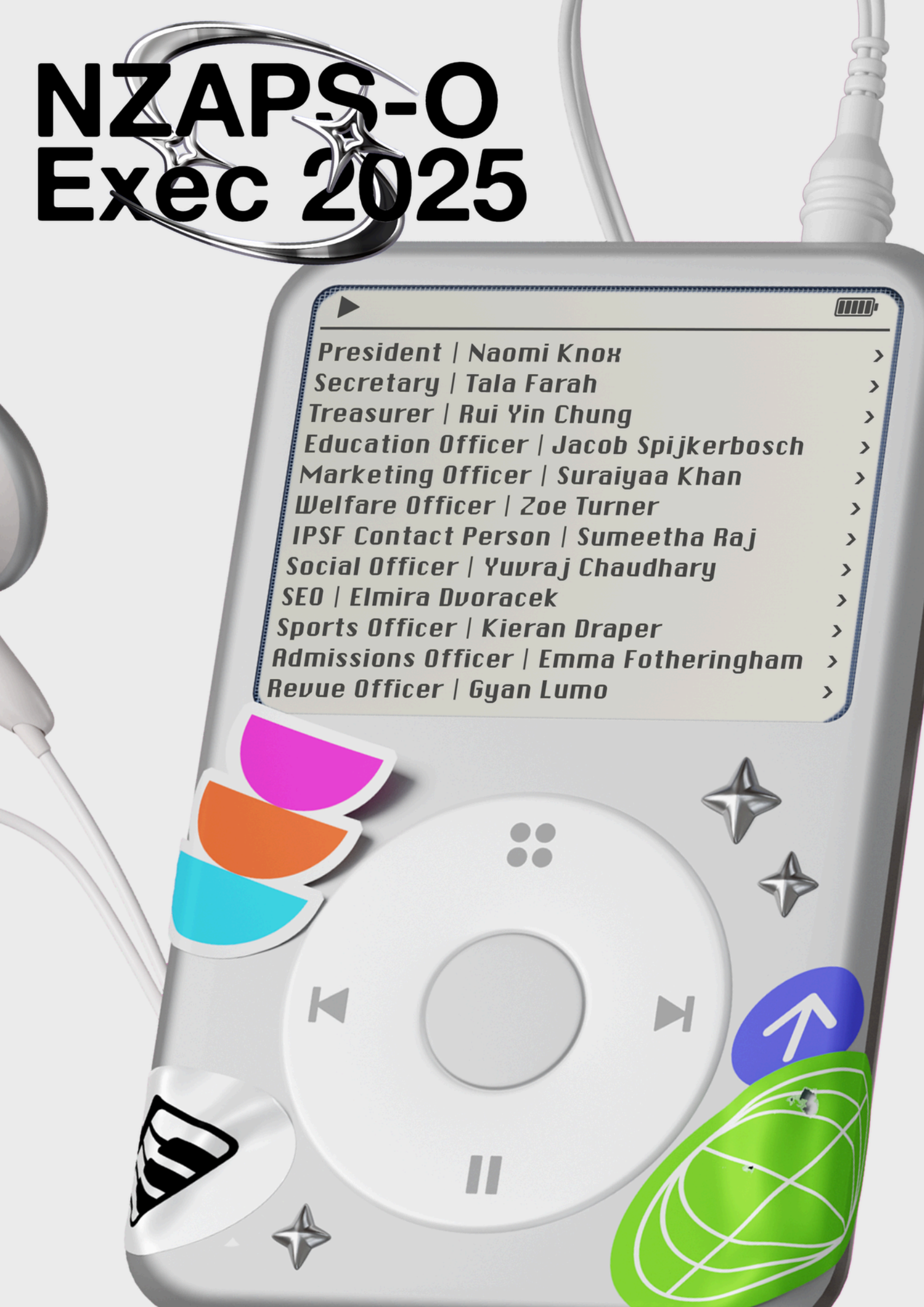
School of Pharmacy, ice skates provided or nah?







NZAPS-O Exec 2025



Who's MOST LIKELY to?

Exec Edition

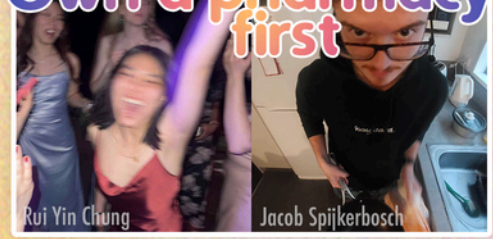
Most likely to
Join a cult



Most likely to
Lose your finger



Most likely to
Own a pharmacy first



Most likely to
Become an influencer



64.3% agreed!

Most likely to
Gamble all their money



71.4% agreed!

Most likely to
Grab the mic at karaoke



Most likely to
Be late to a meeting

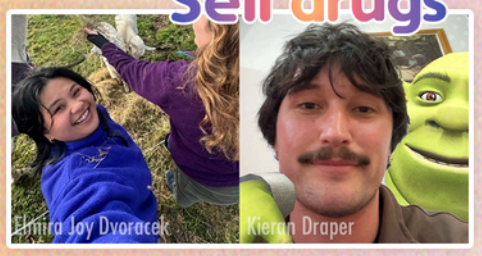


78.6% agreed!

Most likely to
Irish goodbye



Most likely to
Sell drugs



Most likely to
Have a side hustle



Most likely to
Get married more than once



Most likely to
Pregame too hard



Most likely to
Have the worst sense of direction



NZAPS-O President Report

This is my final 'Kia Ora Team'. I am Naomi Ruth Knox, NZAPS-O President for 2025. After being elected in our AGM, my plans and ideas for the position were vast and slightly unrealistic. Focused on **'Fostering Connection'** I worked to built up not only NZAPS-O, but also my executive committee and members. My favourite initiative was having 1-on-1 meetings with each exec member to discuss their plans for the mandate!

Fostering Connections - in Review

New External Partnerships

The Pharmacy Guild of Australia and the Pharmacy Guild of New Zealand entered into a new sponsorship agreement, which provided FREE NZAPS-O membership. This external partnership not only allowed all members free PGA membership but also increased the accessibility of NZAPS-O to all pharmacy students. Big changes are not easy, but with the help of Elmira and Rui Yin, this went as smoothly as can be!

NZAPS-O and Green Cross Health have re-entered into a sponsorship agreement, allowing for students to hear from them at intern events and gain professional connections.

NZAPS-O has worked hard to ensure meaningful and beneficial external partnerships. Pharmacy Solutions is another great example of a new partnership which truly benefits all members. Huge thanks to Suraiyaa for all of her work as Marketing officer.

Continuing Collaborations

NZAPS-O has established connections with a variety of local, national and international student organisations. We continued to liaise closely with Te Puna Kaitaka and PIHPSA, ensuring collaboration at every step. We will be continuing our Māori language week collaborations with TPK.

Last year, as IPSF CP I worked to reconnect APSA and NZAPS-O. In 2025, this connection grew as Suzy Jung (APSA President) and I met at the start of the year to discuss our associations and open a line of communication. Connections were also made with other executive members of APSA who were present at APPS in Malaysia.

Through Sumeetha (CP) and Elmira (SEO), we continued to collaborate internationally. I participated in a virtual SEP with Indonesia, the Philippines, Thailand, the Republic of Korea and Singapore.

International Visibility

As NZAPS-O President, I attended APPS in Malaysia and represented NZAPS-O at every session of the 27th Asia-Pacific Regional Assembly. Alongside Sumeetha (CP) and Katelin Chan, we represented NZAPS-O regionally and ensured visibility within the Federation. At APPS, we had two delegates, Katelin Chan and Yuran Kang, reach the finals in the compounding event, the first NZAPS-O members to do so since COVID-19.

Ensuring Accountability and Safety

To ensure that while our members are connecting, whether at social events or representing NZAPS-O externally, they are safe and held accountable under my lead, NZAPS-O has developed a strict Code of Conduct. This allows us to have a way to keep everyone safe at events and for people to be held accountable for their actions.
We also reinstated an official Sober Committee. This committee ensures that there is a sober and safe person available at every social event.

In Reflection

NZAPS-O Presidency has had its ups and downs. It is never easy leading a whole organisation, let alone doing other positions and alongside studies.
It would not have been possible without my executive committee for 2025. **To Tala,** thank you for keeping me from spiralling out of control. You have been my rock within this position. **To Rui Yin,** thank you for keeping us afloat financially and all of your hard work with that audit. **To Jacob,** thank you for all of the committees you sit on and all of the connections you have worked to establish. **To Zoe,** thank you for always having a kind word, your hard work behind the scenes and your passion. **To Sumeetha,** thank you for picking up the torch and making CP your own. **To Elmira,** thank you for stepping up as SEO for two mandates. You've done so well. **To Suraiyaa,** thank you for all of the work you've done with our sponsors and for organising exceptional events. **To Emma,** thank you for your initiative and your passion. I cannot wait to see all you accomplish. **To Yuv,** thank you for all of the time you've put into making great events for our members. **To Gyan,** thank you for your excitement and your readiness to help any executive member. Your technical prowess has been a lifesaver. **To Kieran,** thank you for your creativity and your readiness to get involved!

My goals for Emma, my successor, would be to continue to work to up-skill the executive committee, work to maintain our vast network of partners (include alumni) and to keep NZAPS-O fun!

Yours in continued service,

Naomi Ruth Knox

1: Name / Codename / Nickname [Single Textbox]

I love fish

2: Association, Country [Single Textbox]

👀

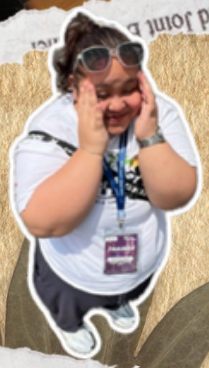
3: Type of someone who you want to date [Single Textbox]

Omg, someone cool and confident like Naomi (*≧ω≦) Urm ! does Naomi come in a male version? 👀👀👀👀 asking for a friend


















TALA FARAH

SECRETARY 2025















Wow, this year has flown by so quickly! I'm incredibly grateful for all the opportunities I've had throughout my pharmacy studies, and especially thankful for the executive members over the past two years. Their support has made my role not only easier but more enjoyable.

From starting out in sports to becoming secretary, these past three years have truly been some of the best of my life. It's been a privilege to run exec meetings and work alongside such a dedicated and inspiring team. To next year's exec- good luck! I know you'll do an amazing job.

Along the way, I've been lucky enough to find some of my closest friends and build connections I'll cherish forever. My favourite memories will always be playing social sports and attending all the pharmacy events since second year.

That's it from me—thank you all, and best of luck for the future!

HONOURABLE MENTIONS:

- INCREDIBLY MEMORABLE PLACEMENTS
- WORKING WITH MY BEST FRIENDS
- NETBALL!
- RE-BURGER!!

THANK YA!

The Treasurer
Rui Yin Chung



Who knew time could fly so fast! I remember wanting to graduate as quickly as possible, and now I'm here, hoping not to graduate because I'm scared of what's ahead.

My time as NZAPS-O has been terrific, and I have the exec to thank for making this year such a memorable one. We have had a few hiccups along the way, but managed to smooth it out.

Memorable moments





- Teddy Bear Hospital
- Te Tai o Poutini Placement - IPE placement on the West Coast
- Corresponding with PGA (Pharmacy Guild of Australia)



All the effort, the events, and the crazies are all thanks to the wonderful exec I had by my side. I couldn't have made it without you guys.

MOST OF ALL, GOOD LUCK TO THE 2026 TREASURER!

Louisa, I know you're going to be amazing!

Social Officer

NZAPS-O
2025 MAGAZINE

YUVRAJ CHAUDHARY

PUTTING INTO WORDS THE EMOTIONS THAT COME WITH GRADUATING WOULD TAKE MORE THAN JUST THIS ONE PAGE, BUT ONE THING I CAN SAY FOR A FACT IS THAT I DEFINITELY WENT OUT WITH A BANG, AND BEING YOUR SOCIAL OFFICER FOR 2025 HAS PLAYED A MASSIVE PART IN THAT. I'D LIKE TO FIRSTLY THANK MY FELLOW EXECUTIVE MEMBERS FOR THE SUPPORT AND ENTHUSIASM THEY HAVE ALWAYS SHOWN MY IDEAS, AND FOR HELPING ME OUT WHEN I REALLY NEEDED THEM. SERIOUSLY, I'M GOING TO MISS EVERY SINGLE ONE OF YOU.

SECONDLY, I'D LOVE TO THANK ALL OF YOU FOR ALWAYS BRINGING THE HYPE AND ENERGY TO ALL THE EVENTS WE'VE PULLED OFF THIS YEAR. YOU'VE ALL CONTRIBUTED TO CREATING SOME LIFE-LONG MEMORIES FOR ME PERSONALLY. AND ALL THE BEST TO MY SUCCESSOR, HARRY, WHO I KNOW WILL ABSOLUTELY KILL IT NEXT YEAR!







LASTLY, SOME PERSONAL THANK YOUS. SUMEETHA, WHO HAS BEEN MY PILLAR OF STRENGTH ALL THROUGHOUT PHARMACY. THE STARTING FIVE (ANDY, WEI, SAI AND TAE) WHO HAVE CREATED DAD-LORE WITH ME SO BRUTAL THAT WE ACTUALLY CAN'T SHARE IT WITH OUR KIDS DOWN THE LINE. MY HARBOUR FISH/SLAG SHACK CREW, WHO HAVE SEEN MY HIGHEST AND LOWEST POINTS AND HELPED MOLD ME INTO WHO I AM TODAY. AND FINALLY, MY FAMILY WHO HAVE BEEN ROOTING FOR ME UNCONDITIONALLY AT EVERY POINT OF THIS UNIVERSITY JOURNEY.

THIS IS ME SIGNING OFF FOR 2025. DON'T EVER LET THIS DEGREE GET IN THE WAY OF DOING SOME INCREDIBLY STUPID STUFF ALONG THE WAY. BLINK TOO FAST, AND YOU'LL BE WEARING YOUR OWN GOWN AND HAT BEFORE YOU KNOW IT!

EDUCATION OFFICER

Kia Ora!

What a crazy year for all of us. As my time as the 2025 Education Officer comes to an end, I'm feeling both nostalgic and excited for what's ahead for all of us.

To the P4s: Remember back to the White Coat Ceremony, where many awkward hellos were said. Now look at us, able to strike up a conversation with anyone in our cohort. We have all grown individually and as a group over the last three years. What a way we have come.

To the P3s: You've made it through one of the most hectic years of pharmacy school. All the late nights and hard work you've put in have paid off. Take a deep breath and walk into your final year, head held high.

To the P2s: The spark of excitement you felt when starting pharmacy? Hold onto that. The world of pharmacy only gets more interesting from here on out. Your next couple of years will go by so fast, so enjoy every moment of it.

My highlight of the year was running the Education Seminar. Hearing all the paths that the speakers have gone down since their time at university was inspiring. Thank you all for the amazing turnout.

A special thank you to all of the class representatives this year: Lauren, Louisa, Lucy, Taneesha, Zoe, Amy, Devika and Anna. You have all put in a heap of work collecting feedback from your peers and bringing it back to the staff, making changes to the course for the better.

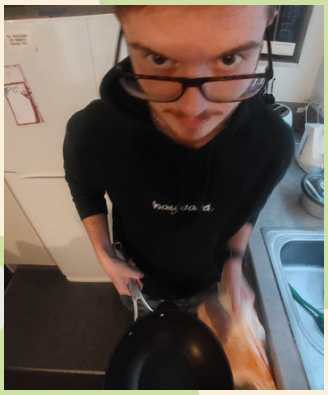
To the 2025 exec team. Thank you all for your hard work this year. From brainstorming sessions to pulling off events, you've handled every challenge with humour and grit. It's been an honour working alongside you.

And to the Education Officer for 2026, Shavonne: You are going to do great. I have no doubt you'll bring new ideas and energy to the team. All the best for next year!









Dispensing one last goodbye,
Jacob Spikerbosch

Marketing Officer 2025

Wow! I cannot begin to even reflect on all the feats NZAPS-O has achieved this year! We could not have done it without the support of all the exec, and of course, you guys, our members :).



As marketing officer this year, I had the pleasure to work alongside sponsors of the past, as well as forming new relationships with some new organisations this year, who have been able to make many of our events possible. A massive thank-you to the exec and, of course, our valued sponsors for supporting us as an organisation and for hosting all our valuable internship information evenings.



I have thoroughly enjoyed being your marketing officer for 2025, and I would like to wish the best of luck to our 2026 officer, Anna Dang. You will be amazing 🙂





Thank you to the class of 2025 for being such a pivotal part of my life and journey throughout uni. As Taylor Swift says, "Hold on to the memories, they will hold on to you." And I can certainly pass that on as some of the best advice to live by in pharmacy school. It all passes by in the blink of an eye. ❤️



Your 2025 bombshells will be leaving the pharmacy school villa soon and will smash those internships out in the real world. I can't wait to hear about all the amazing things we will achieve x

















Suraiyaa Khan

ADMISSIONS OFFICER

Emma Fotheringham



Being part of NZAPS-O this year has been so much fun!
From basking in the glory of Madi's hard work to starting up hall visits again, this year was a busy one for me. I had the pleasure to work alongside the School of Pharmacy to plan many tertiary open days. Along with, probably my favourite event, the open evening - as always this was a big hit!



Favourite Pharmacy Moments!

Placement! - I can't pick between rural and hospital! :(

Meeting and getting to know my mentee Alissa :)

Seeing kids from hall visits come to Open Evening <3

I have seriously enjoyed being on the exec this year, the support from the other exec members has made the process feel very special!

I'm really looking forward to watching the admissions officer role grow over the next year. Lauren, I hope you enjoy your time on exec as much as I have. I'm sure you will do an awesome job!





Student Exchange Officer







ELMIRA JOY DVORACEK

2025 has been a busy year for the NZAPS-O Student Exchange Programme! Not only have we hosted students from around the globe, but we have also successfully coordinated for 3 NZAPS-O students to be a part of the Student Exchange Programme (SEP)! To you guys, I hope you have had an amazing time on your exchange placements - and hope that you gained a lot of experience from them!

NZAPS-O proudly hosted a visiting SEP student from the Republic of South Korea here in Dunedin, where they experienced the unique healthcare setting of Aotearoa New Zealand and the warm hospitality of our local pharmacy community.
Our collaboration with BEM FF UNAIR Indonesia was a great success, with students learning about the many opportunities that SEP has to offer.

It's been incredibly fulfilling to help bridge global learning experiences and support the professional growth of future pharmacists across borders.



NAPSA Congress so good he got it tattooed



NAPSA x Pharmacy Guild of Australia x NZAPS-O



My fave 2025 view



IPE at Te Tai o Poutini



STUDENT WELFARE OFFICER



What an absolute joy it has been to serve you as the Welfare Officer, especially alongside such an incredible exec team! This role has allowed me to meet and build many heartfelt friendships with so many amazing people, and I have adored getting to know many of you within our pharmacy whānau - especially those of you who participated in the mentorship program this year!







Congratulations, the class of 2025; It's been a pleasure meeting and learning with you all - I wish you all the very best wherever 2026 takes you!
To the P2s and P3s; enjoy the rest of your time at the School of Pharmacy, embrace any opportunity that comes your way, and don't be afraid to make mistakes - it is the best way to learn and grow!
And to the 2026 Welfare Officer, Amelia Harris - congratulations and good luck! You'll do a fantastic job and I look forward to seeing what you and the 2026 exec achieve!

What a journey 2025 has been. Despite all of the ups and downs this year has thrown at us, we have made it, and I am so incredibly proud of everyone!

Aroha nui!

Zoe Turner

IPSF CP



GLOBAL REPRESENTATION

Transitio g from welfare officer to the IPSF CP was a allenging process for me. I had to adapt to t attention and audience that I was catering t This role has allowed me to make a differenc a global level, and represent all of you to th best of my ability in international mediums, ongside our president Naomi.

This year ve had 4 representatives attend the Asia Pac c Pharmaceutical Symposium in Kuala Lu ur, Malaysia, in July. We had 3 official d gates who attended the regional assembly compoun great plat New Zealand to the rest of the region.



This role has challenged me in several ways, but it has also been very rewarding to look back at this mandate and what I've managed to achieve for myself and our organisation. The role of an IPSF CP has so much potential and opportunities to explore; the world is truly your oyster when it comes to this position.

To my successor, Katelin, zoom is going to turn into your most used app very soon - but embrace and make use of this platform to connect with people from all around the world as much as possible. This role is what you make it to be - so let it be fun and memorable!

SUMEETHA RAJ

SPORTS OFFICER

Kieran Draper







I want to shoutout everyone who was involved with all of the extracurricular activites over the past year. I have had such an amazing experience being the Sports Rep for 2025, because of the mahi that each and every one of you put in. I thank the few people that peer-pressured me into running for this position, as it has allowed me to develop my life skills required to be a pharmacist.

Being involved with sports and staying active has always been a big part of who I am, so it was good to be able to express that in a way that would also get other people on board. It was awesome to see people sign up for sports and events for some friendly competition, or simply to just give things a go. One of the biggest things I'll miss about uni is not just the binge drinking, but not having any social netball or volley on Tuesday and Wednesday nights anymore :((

TE PUNA KAITAKA



MEMORABLE MOMENTS:

- SOCIAL SPORTS
- DDJ-GRVG
- DRINKING
- NOT LIVING UP TO TALA'S REPUTATION AS SPORTS REP

MASTERCLASS IN LETTERBOXD: GETTING MORE THAN 1 LIKE ON YOUR REVIEWS

officer

OUR PRICE $1.49

USED 4.50

GYAN LUMO

2025 NZAPS-O Revue Officer



New couple on campus shocks all



Hana Yim says this may be him



Unrelated, but great photo!

THE BEST PLAYLIST'S FOR ASPIRING Performative MEN!

- *Clairo*
- *Faye Webster*
- *Beabadoobee*
- *Laufey*
- *and MORE...*

EXCLUSIVE INTERVIEW WITH GYAN LUMO!

"Holy! I got this role in like November 2024, and still couldn't get revue show up and running. Should call me the NZAPS-O "—" officer, hahaha. Nah mb tho."

"Not even capping, I did write a full script + skits, idk what happened, I just woke up one day and it was the 12th of September 2025. But I'm more than confident that within the next 6-7 years there will be a Pharmacy revue (or next year, you guys are getting a great Revue Officer)."

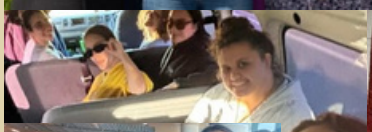
"Pharmacy was an experience I'll never forget, as that's what happens in traumatic events. Nah I'm JOKING lmao. It was good, I'm just being hyperbolous. Is that even a word, I wouldn't know, I suck at Wordle, now the NYT mini is something I was good at but then those losers at the NYT—"

MORE ON PAGE 67

https://shorturl.at/aCQWA

Te Puna Kaitaka 2025



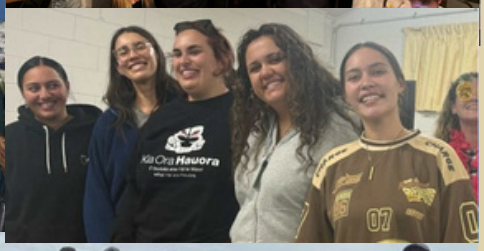












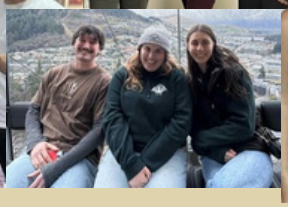












'Ki te kotahi te kākaho, kā whati, ki te kāpuia, e kore e whāti. When we stand alone we are vulnerable, but together we are unbreakable.'

This year Te Puna Kaitaka had three of our fourth-year tauira on the executive kōmiti, Jade Tau-Manuel as Tumuakī (Prezzie), Shelby Rupa-Hayward as Tumuakī Tuarua (2IC), Te Aniwa Tutua as Kaitiaki Pūtea (Sugar daddy) and third-year tauira Pam Conway, as Kaituhi (Mrs Minutes). Our key kaupapa for 2025 was to maintain whakawhanaungatanga with other student associations, promote pharmacy to rangatahi Māori and support Māori pharmacy tauira academically.

We hosted several events including:

- Our study exam wānanga combined with PIHPSA (Pacific Island Health Professional Students Association) sharing kai, kōrero and a supportive environment for students to academically flourish.
- Te Wiki o Te Reo Māori Quiz Night in collaboration with NZAPS-O which was a standout success. The Hunter centre was filled with aroha for Te Reo Māori and plenty of competitive spirit.
- Tauira-led wānanga to Tāhuna (Queenstown). Here we met with Brendon McIntosh, Māori pharmacist, who shared his haerenga (journey) through pharmacy. Whilst there, we supported Kāi Tahu businesses, hosted community events and watched the Wahs together - a memory we still laugh about. #itsouryear2026

Throughout the year there was plenty of kai, kēmu and whanaungatanga within the rōpu. We made some great memories and are looking forward to what 2026 brings for TPK.

By Shelby Rupa-Hayward & Jade Tau-Manuel



TE PUNA KAITAKA



Student Performance Awards

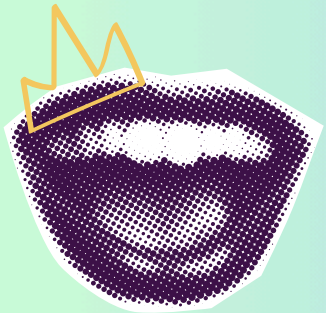
Pharmacy's Rising Stars Revealed!

P2 Prizes

Best in Paper PHCY210	Devika Gounder
NZCRS Prize in Pharmaceutics	Xinyu Lai
The Pharmacy Guild of New Zealand Prize	Declan Murphy
Toniq Prize	Declan Murphy

P3 Prizes

Best in Paper PHCY310	Grace Dixon
Best in Paper PHCY320	Georgia Doherty
Top Score on PHCY320 Written Final OSCE	Amy Wang
Top Score Overall in PHCY320 Final OSCE	Bella Hackett
Douglas Pharmaceuticals Integrated Modules Prize	Georgia Doherty
The Pharmaceutical Society of New Zealand Prize	Georgia Doherty



P2 MOMENTS 2025

#WHOLESOME

This was a rollercoaster of ups and downs for many of us. Some of the personal highlights that many of us shared is making new friends. We collectively agreed that Mondays were the WORST! (5 lectures!!!) But... we made it! 2025 was a crazy joyride and we're still going to be cruising until the end.







#2025 ICONS LIST

- Dr Shyamal Das - voted as our favourite icon!
- Health Literacy Video - a fan favourite!
- Friends - what can we do without them?
- Bakehouse on Bond - close, cheap and on the go!
- Wine & Cheese - voted top event!

P2 PROFILE



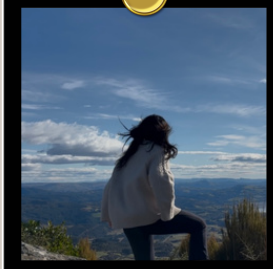
Aditya Abhishek

If you were a drug what would it be and why?
Melatonin - always sleepy
Which drug do you have the most beef with?
Omeprazole
My red flag in a group project:
My devices are always low battery



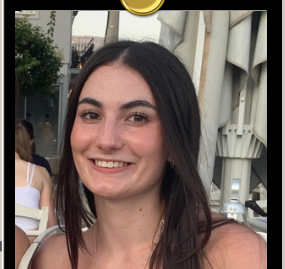
Layan Alshatti

If you were a drug what would it be and why?
Lorazepam because it's makes you feel like nothing matters in a good way
Which drug do you have the most beef with?
Fluoxetine
My red flag in a group project:
Who reads in a presentation instead of understanding



Danbi Bae

If you were a drug what would it be and why?
Isotretinoin, because I'm effective but need close monitoring.
Which drug do you have the most beef with?
Warfarin
My red flag in a group project:
My favourite line: 'I'm fine with whatever you guys decide.



Maia Bouras



Katelin Chan

If you were a drug what would it be and why?
Lorazepam because I'm chill
Which drug do you have the most beef with?
Warfarin
My red flag in a group project
It takes a while for me to get started but I get it done :)



Rui Yee Chung

Which drug do you have the most beef with?
Aminoglucosides
My red flag in a group project?
Too quiet



Lara Clough

If you were a drug what would it be and why?
Clopidogrel - small dose, works in the background but gets things done, consistently there to help
Which drug do you have the most beef with?
Antibiotics - there are so many to remember all with similar names but different uses and they also develop resistance
My red flag in a group project?
I will edit everyones fonts and slides to format them the same



Kristine Corpuz

If you were a drug what would it be and why?
Bonamine, so you don't get dizzy when you ride (the car)
My red flag in a group project?
Ctrl C — Ctrl V



Tafaoganiu Kuiniselani Elisara

If you were a drug what would it be and why?
Modafinil - we love locking in 2 nights before exams 😃
Which drug do you have the most beef with?
CNS Depressant
My red flag in a group project
Being too nonchalant



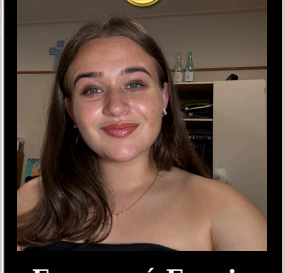
Emily Evans

If you were a drug what would it be and why?
Some sort of penicillin, classic and (somewhat) effective!
Which drug do you have the most beef with?
Something I can't spell, like ciprofloxacin
My red flag in a group project?
Not turning up to meetings 😬



Lauren Excell

Favourite P2 camp memory?
Talking to the P4's and making friends!



Fransuné Fourie

If you were a drug what would it be and why?
Penicillin – May cause a rash in sensitive individuals.
Which drug do you have the most beef with?
Omeprazole - side effects that affect almost every single body system.
My red flag in a group project?
Am convinced that I would be able to do it by myself and still get an A+.

P2 PROFILE



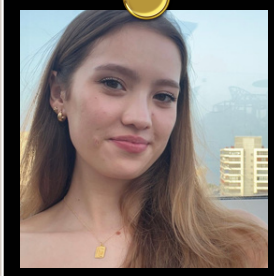
Thomas Hamilton - Muller

If you were a drug what would it be and why?
Placebo, because I'm not really doing anything in group projects
Which drug do you have the most beef with?
All of them
My red flag in a group project
I'm in it



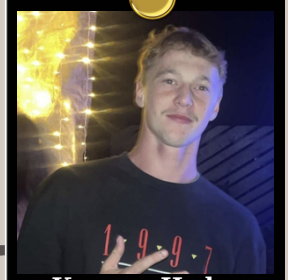
Amelia Harris

If you were a drug what would it be and why?
Caffeine - because once I start talking it's hard to make me stop!
Fav P2 camp memory?
The amazing race :)



Olivia Hislop

If you were a drug what would it be and why?
Hydrocortisone 1%
Which drug do you have the most beef with?
Tramadol
My red flag in a group project?
Procrastination



Keegan Hyde-Coltman

If you were a drug what would it be and why?
Morphine, because I am always relaxed and not studying
Which drug do you have the most beef with?
Alcohol, it makes me feel bad in the morning
My red flag in a group project?
When I see Josh is in my group



Habeeba Ibrahim

If you were a drug what would it be and why?
I would be Omperazole because I ease difficult situations for the people around me
Which drug do you have the most beef with?
Has to be Suppositories
My red flag in a group project
Over thinker



Jhermaine Igaya

If you were a drug what would it be and why?
Ondansetron, because it sounds like a name from Transformers and it's fun saying it.
Which drug do you have the most beef with?
Losartan
My red flag in a group project?
Doesn't like to lead the team as i'm more of a supporter



Teomate-O-Aumaro Jacob

If you were a drug what would it be and why?
Theobromine- It's found in chocolate... I really like chocolate. Besides chickens that is.
Which drug do you have the most beef with?
Theobromine- It's found in chocolate... Chocolate is addictive. I can't say no to chocolate.
My red flag in a group project?
When they raise the white flag.



Valentine Kayrouz

If you were a drug what would it be and why?
Methaqualone
Which drug do you have the most beef with?
Zopiclone
My red flag in a group project?
Too passive



Gabriella Kenton-Smith

Which drug do you have the most beef with?
Isotretinoin - shes high maintenance
My red flag in a group project
Always need to make a group chat



Selena Lee

If you were a drug what would it be and why?
Fluoxetine, calming but not sedating!
Which drug do you have the most beef with?
COCs
My red flag in a group project?
I'm not great at making ppt slides to look aesthetically pleasing :(



Seohee Lee

If you were a drug what would it be and why?
Promethazine because I keep falling asleep without meaning to.
Which drug do you have the most beef with?
Adagrasib
My red flag in a group project?
I pretend that I know what I'm doing.



Paul Lee

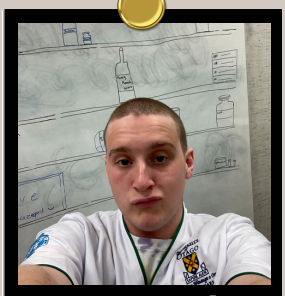
If you were a drug what would it be and why?
Cerumol. I can drill your ears out.
Which drug do you have the most beef with?
Trimethoprim
My red flag in a group project?
I might be too good at setting deadlines :)

P2 PROFILE



Jiyeon Lee

If you were a drug what would it be and why?
Dopamine, since it gives you energy
My red flag in a group project
My phone is on dnd in general



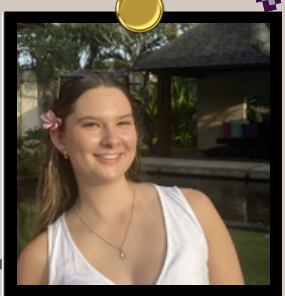
Rowan Loveday

If you were a drug what would it be and why?
Loperamide - I give no shits
Which drug do you have the most beef with?
Phenylephrine
My red flag in a group project?
Getting it started then not knowing what to do next



Sasha Mikhyeyeva

If you were a drug what would it be and why?
Lactulose- no one likes to be constipated
Which drug do you have the most beef with?
Paracetamol
My red flag in a group project?
Last minute work



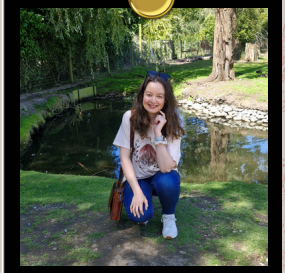
Ella Morley Hall

If you were a drug what would it be and why?
Ibuprofen -> help people out with everyday aches and pains like being supportive to people around me, reliable and widely used.
Which drug do you have the most beef with?
Thalidomide (because of horrible history)
My red flag in a group project?
Doing it on microsoft, messing up my work



Jess Mulgrew

If you were a drug what would it be and why?
Vicodin
Which drug do you have the most beef with?
Cefalexin
My red flag in a group project
I will make the slides look nice before anything goes on them



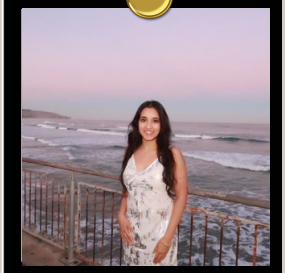
Geraldine Naudé

If you were a drug what would it be and why?
Sertraline - steady, supportive, and always there to help make sense of chaos.
Which drug do you have the most beef with?
Valproate - it's a very effective anti-epileptic drug but causes birth defects and development disorders in pregnancy.
My red flag in a group project?
"Just tell me what to do" energy :(



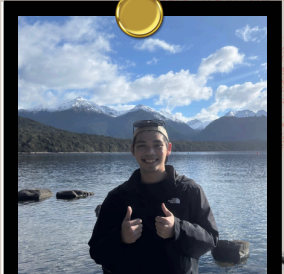
Marina Onuma

If you were a drug what would it be and why?
Caffeine: because a dose of coffee gets me through early mornings in Stream A
Which drug do you have the most beef with?
Diclofenac
My red flag in a group project?
I have a habit of making references disappear



Heli Patel

If you were a drug what would it be and why?
Diazepam - because I'm the friend people go to for advice and to be calmed down
Which drug do you have the most beef with?
Roxithromycin
My red flag in a group project?
Always late to group meetings



Copter Patikansakul

If you were a drug what would it be and why?
Lithium Carbonate
I'd love keeping everyone's drama in check, one meltdown at a time.
Which drug do you have the most beef with?
Omeprazole



Jaime Pedersen

If you were a drug what would it be and why?
Paracetamol because it is the go to when you are not feeling great. It isn't anything too exciting but it is always reliable and there.
Which drug do you have the most beef with?
Oxycodone because it is very easy to misuse and is very addictive
My red flag in a group project?
I like to do my work in my own time, so I get very overwhelmed in group settings when everyone tries to talk over everyone.



Kate Ramshaw

If you were a drug what would it be and why?
Ketamine - unpredictable
Which drug do you have the most beef with?
Doxycycline
My red flag in a group project?
I just do as I'm told



Camryn Raper

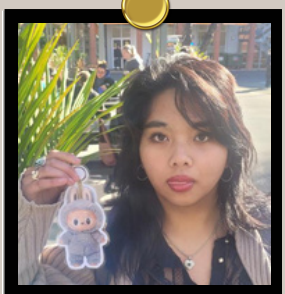
If you were a drug what would it be and why?
Diazepam - Calm under pressure, sleepy on the outside, secretly managing the entire situation.
Which drug do you have the most beef with?
Zopiclone - Sleep where?
My red flag in a group project?
You won't hear from me for days — then there's a fully finished assignment in your inbox with the subject line: Thoughts?

P2 PROFILE



Lily Rees

If you were a drug what would it be and why?
Paracetamol - because I like to be useful in many situations
Which drug do you have the most beef with?
Tramadol - because it's got terrible side effects
My red flag in a group project
Too much organising



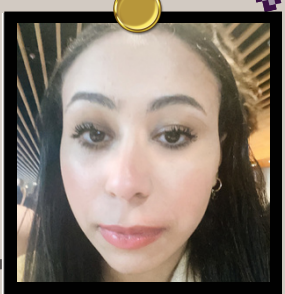
Eliza Ringor

If you were a drug what would it be and why?
Promethazine because I have that audio stuck in my head all the time
Which drug do you have the most beef with?
Antacids cuz it messes with other drugs
My red flag in a group project?
People not caring about the project, drags everyone down :p



Thomas Senior Garcia

If you were a drug what would it be and why?
Phenytoin - because it's Shakila's favourite drug
Which drug do you have the most beef with?
Most anti-fungals (except fluconazole)
My red flag in a group project?
Being mean



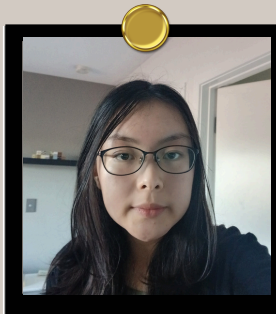
Nour Sharaf

If you were a drug what would it be and why?
Omeprazole - I don't know I just like the name
Which drug do you have the most beef with?
Trimethoprim
My red flag in a group project?
I do work last minute



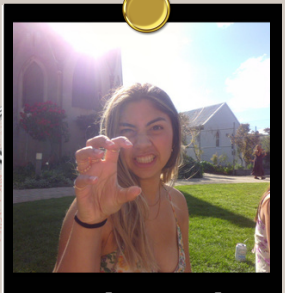
Lucy Shen

If you were a drug what would it be and why?
Promethazine because I'm all for relaxation and sleepy time
Which drug do you have the most beef with?
Paracetamol - for pretending it can fix everything
My red flag in a group project
I'll be texting the group chat at ungodly hours (#ithriveatnight)



Tasha Sidorov

If you were a drug what would it be and why?
Flucloxacillin because it sounds nice
Which drug do you have the most beef with?
Itraconazole
My red flag in a group project?
Using chatgpt for everything



Caitlyn Singh

If you were a drug what would it be and why?
Erythromycin - the backup that's there for support!
Which drug do you have the most beef with?
Ibuprofen cause asthma
My red flag in a group project?
Someone who ghosts my messages 😐



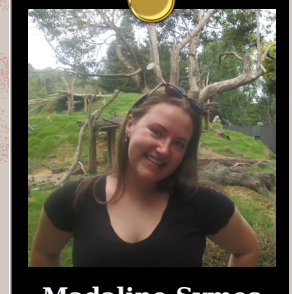
Phing Srinutapong

If you were a drug what would it be and why?
Laxsol . I'm great at moving through tough times.
Which drug do you have the most beef with?
Warfarin
My red flag in a group project?
Constantly check editing history



Louisa Stuart

If you were a drug what would it be and why?
Ibuprofen - reliable, calming, and efficient
Which drug do you have the most beef with?
Infliximab
My red flag in a group project
Can be quite picky - I want everything to be perfect



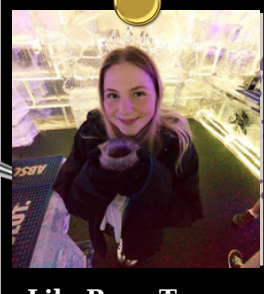
Madaline Symes

If you were a drug what would it be and why?
Sildenafil — I RISE to the occasion, reliable, supportive, and always ready to go the distance
Which drug do you have the most beef with?
Caffeine- the stuff doesn't work on me when I need it for all nighters
My red flag in a group project?
If they say "Yeah, I'm good with whatever,"... and then vanish until the night before it's due...



Danica Tactay

If you were a drug what would it be and why?
Diclofenac because I'll always have your back
Which drug do you have the most beef with?
Lansoprazole
My red flag in a group project?
Shutting down ideas and have no suggestions



Lily-Rose Turner

If you were a drug what would it be and why?
Fluoxetine
Which drug do you have the most beef with?
Beta lactams
My red flag in a group project?
Forever tries to be the leader

P2 PROFILE



Micky Ye

If you were a drug what would it be and why?
Paracetamol- Everyone needs me!!
Which drug do you have the most beef with?
Omeprazole
My red flag in a group project
NONE



Lauren Young

If you were a drug what would it be and why?
Melatonin - all I want is sleep
Which drug do you have the most beef with?
Clarithromycin - couldn't pronounce it during care plan presentation LOL

2025 P2 Groups

Group A	Group B	Group C	Group D
Abhishek, Aditya	Albloushi, Hussain	Ahmad, Muhammad	Borges Cunha, Zara
Alhashemi, Aseel	Alshatti, Layan	Alexander, Joshua	Chan, Katelin
Bae, Danbi	Chand, Himanshu	Barker, Thomas	Chen, Guantian
Brackley, Niamh	Chung, Rui Yee	Bouras, Maia	Christie, Zoe
Choi, Sangbin	French, Hayden	Brown, Tabitha	Corpuz, Kristine
Clough, Lara	Guo, Elsa	Calazans Pessoa, Laura	Elisara, Tafaoganiu Kuiniselani
Devery, Liam	Harris, Amelia	Dooney, Grace	Fourie, Fransuné
Eri, Angelica	Hislop, Olivia	Evans, Emily	Giles, Alex
Feng, Lillian	Ibe, Alissa	Excell, Lauren	Green, Fiona
Hamilton-Muller, Thomas	Igaya, Jhermaine Chix	Fitzgerald, India-Rose	Hahm, Jiyeon
Holgate, Madi	Jordaan, Kenya	Frieslaar, Lucy	Heswall, Oli
Huynh, Angela	Ju, Jasmin	Gunawickrama, Isumi	Jung, Helena
Kang, Yu-Ran	Kayrouz, Valentine	Heng, Lauren	Kaur, Kiran
Lanyon, Sophie	Lee, Paul	Higgs, Jorja	Khan, Asghar
Larson, Hannah	Lynch, Anna	Hyde-Coltman, Keegan	Kim, Dowon
Lee, Jiyeon	Maisuria, Trisha	Ibrahim, Habeeba	Kumar, Taneesha
Lu, Birui	McCauley, Megan	Jacob, Teoumate	Lee, Anna
MacDonald, Alex	Mikhyeyeva, Sasha	Jani, Dipakkumar	Loveday, Rowan
Momsen, Grace	Morley-Hall, Ella	Karpinian, Julie	Mills, Mia
Moraes De Oliveira, Ace	Muteswa, Sandra	Kenton-Smith, Gabriella	Mulgrew, Jess
Naudé, Geraldine	Nichols, Lucy	Kohlhase, Jude	Naidoo, Kimaya
Nguyen, Tri	Pedersen, Jaime	Lee, Seo Hee	Nana, Shaily
Onuma, Marina	Peterson, Maggie	Lee, Selena	Noble, Anusha
Patikansakul, Copter	Phorn, Lilyrose	Lu, Andrew	Patel, Heli
Piramanage, Kaveesha	Ramshaw, Kate	Maafu, Peseti	Phillips, Mollie
Raper, Camryn	Ringor, Eliza	Milne, Oliver	Reddy, Deepika
Sharaf, Nour	Salah, Razan	Norton, Lucy	Schweizer, Charlotte
Sikka, Mishika	Senior Garcia, Thomas	Puni, Simi	Sextus, Heidi
Su, David	Shen, Lucy	Rees, Lily	Sidorov, Tasha
Tran, Harry	Shibu, Shaniya	Reyes, Paul	Singh, Caitlyn
Yang, Penny	Stuart, Louisa	Singh, Navneel	Srinutapong, Phing
Ye, Mickey	Symes, Madaline	Tactay, Danica	Van Der Nist, Aiden
Yoon, Sarang	Turner, Lily Rose	Te Rei, Tamaarangi	
Young, Lauren	Whippy, Garbiel	Tuisamoa, Sebastian	
	Young, Alice		












w.nzfchildren.org.nz/nzf_1

P2 Camp







18 - 19TH OF FEBRUARY

Day 1 was all about introductions and breaking the ice! We started with sports and games in the morning then had skits in the afternoon! We finished the day with a Quiz Night in Hunter Centre.





Day 2 was all about introducing the campers to pharmacy. We started off with dispensary skills races in the morning! We then had an amazing race, which bonded our participants and introduced them to the key landmarks. We finished with a chill get together and announced the WINNERS!



10 Things in my Dispensing Jacket



Calculator

Pens, pencils ...and erasers

Lolly wrappers from celebrations

Phone

Lip balm

Hair tie

Notes

Label backing paper

P3 Moments

PLACEMENTS

As P3 students, we are required to complete two week-long hospital and rural community pharmacy placements. Our week-long hospital and rural community pharmacy placements were a valuable learning opportunity, allowing us to explore different areas of the profession, reflect on our interests, and gain a clearer vision of our future career paths. The majority of us found the experience highly rewarding and meaningful.





HIGHLIGHTS OF THE YEAR

- Workshops
- Introduction of pharmacy house groups
- Placements
- Wine and Cheese
- Ball
- Compounding
- Teddy bear hospital volunteering

XOXO







p3 proFile



Sean Ahn

Shake well and give alcohol.

Favourite drug/condition to counsel on?
Paracetamol
What do you want to say to P2 becoming P3's next year?
Try your best!



Josephine Ainuu

May cause sleepiness: limit alcohol

Favourite drug/condition to counsel on?
Erectile dysfunction
What do you want to say to P2 becoming P3's next year?
Don't stress and always think positive ❤️



Lucas Allen

Repeat coffee as required

Favourite drug/condition to counsel on?
Metronidazole - great drug, bad drinking buddy
What do you want to say to P2 becoming P3's next year?
Caffeine helps, but sleep helps more :)



Andrea Austin

May cause dizziness

Favourite drug/condition to counsel on?
Omeprazole for GORD
What do you want to say to P2 becoming P3's next year?
Study is important but so is having fun! Finding the perfect balance will keep you going :)



Leo Avila

Avoid direct contact, boring ahhh

Favourite drug/condition to counsel on?
Lactulose
What do you want to say to P2 becoming P3's next year?
Eat or be eaten (I was eaten)



Georgia Barnett

May cause sleepiness: limit alcohol

Favourite drug/condition to counsel on?
Asthma inhalers
What do you want to say to P2 becoming P3's next year?
Get comfortable asking some awkward questions lol!



Pamela Conway

May cause dizziness. So does life - you'll be fine!

Favourite drug/condition to counsel on?
Clotrimazole: Nothing says "I've made it as a healthcare professional" like counselling on foot fungus at 9am on a Tuesday
What do you want to say to P2 becoming P3's next year?
From 'I think I know drugs' to 'Oh no, I definitely don't know drugs'



Isabella Cross

¯_(ツ)_/¯

Favourite drug/condition to counsel on?
Probably statins/antihypertensives
What do you want to say to P2 becoming P3's next year?
¯_(ツ)_/¯



Anna Dang

Best taken with good companies, snacks, and caffeine

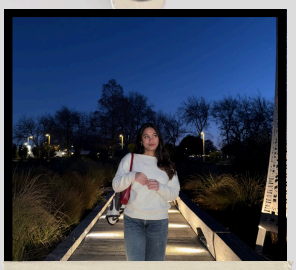
Favourite drug/condition to counsel on?
Diabetes
What do you want to say to P2 becoming P3's next year?
Do your best, so you won't have any regrets



Radhika Devi

May cause drowsiness. If affected, do not drive or operate machinery.

Favourite drug/condition to counsel on?
Codeine tablets
What do you want to say to P2 becoming P3's next year?
P3 is a great year full of various conditions and how pharmacy has a role in this. Start loving CARE PLANS!



Ashley Dingcong

Avoid her - too hot to handle

Favourite drug/condition to counsel on?
COCs or SSRIs!! Here for the strong, independent baddies :))
What do you want to say to P2 becoming P3's next year?
Don't be afraid to holler at your P4s for help too!



Trelise Edwards

"May cause sleepiness"

Favourite drug/condition to counsel on?
Insulin
What do you want to say to P2 becoming P3's next year?
Goodluck!!

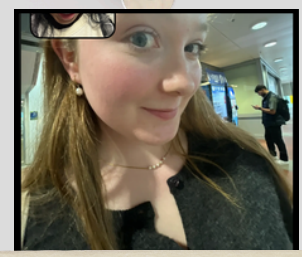
P3 ProFile



Breanna Ferris

Limit alcohol

Favourite drug/condition to counsel on?
Anything but motivational interviewing
What do you want to say to P2 becoming P3's next year?
You don't need to be good at 211 to do P3 :) trust me I learnt from experience.



Emma Fotheringham

Pale, protect from sunlight

Favourite drug/condition to counsel on?
Enemas for constipation ;)
What do you want to say to P2 becoming P3's next year?
Fill out near miss log - day of!



Lochanna V Ganesan

Always smiling but can get grumpy XD

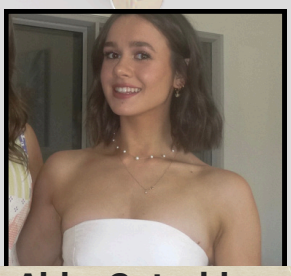
Favourite drug/condition to counsel on?
Sumatriptan
What do you want to say to P2 becoming P3's next year?
P3 has been my best year yet in uni. It's super busy but very exciting



Devika Gounder

Take with food

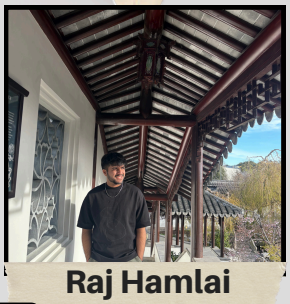
Favourite drug/condition to counsel on?
Paracetamol
What do you want to say to P2 becoming P3's next year?
Every expert was once a beginner



Abby Gutschlag

With food

Favourite drug/condition to counsel on?
Insulin because I like to fidget with the pen
What do you want to say to P2 becoming P3's next year?
Get comfortable asking questions



Raj Hamlai

KEEP IN FRIDGE- DO NOT FREEZE

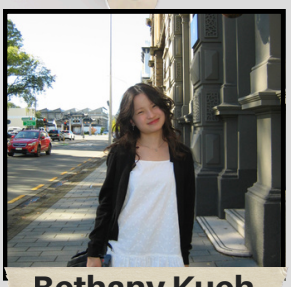
Favourite drug/condition to counsel on?
Hypertension
What do you want to say to P2 becoming P3's next year?
P3 is much more interesting than P2.



Jenny Kim

Always sleepy & hungry

Favourite drug/condition to counsel on?
Insulin or inhalers
What do you want to say to P2 becoming P3's next year?
Good luck :)



Bethany Kueh

Shake well

Favourite drug/condition to counsel on?
Asthma
What do you want to say to P2 becoming P3's next year?
Jia You



Xinyu Lai

Cytotoxic

Favourite drug/condition to counsel on
Salbutamol
What do you want to say to P2 becoming P3's next year?
Have fun!



Jimin Lee

For external use only

Favourite drug/condition to counsel on
Levothyroxine
What do you want to say to P2 becoming P3's next year?
Do not procrastinate and be productive!



Raelyn Lim

CAUTION - HAZARDOUS MATERIAL - HANDLE WITH CARE

Favourite drug/condition to counsel on
High blood pressure
What do you want to say to P2 becoming P3's next year?
Never back down never what ?!!

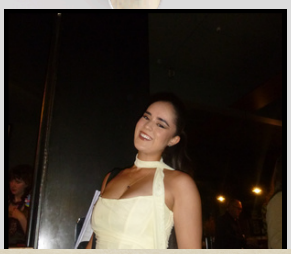


Ryan Mairs

Rinse mouth after use

Favourite drug/condition to counsel on
Emergency contraceptive pill
What do you want to say to P2 becoming P3's next year?
P3 is like Viagra, it keeps you up all night... but not in a good way

P3 ProFile



Sophie McGillicuddy

"Avoid alcohol"

Favourite drug/condition to counsel on
Asthma :) #Ican'tbreathewell

What do you want to say to P2 becoming P3's next year?
Good luck! Don't forget to have a social life ;)



Urmeesha Patel Naginlal

Shake well before social events

Favourite drug/condition to counsel on
Insulin

What do you want to say to P2 becoming P3's next year?
Look after yourself. Sleep, food and breaks matter more than you think.



Zoe Ng

Don't wake me up in the morning

Favourite drug/condition to counsel on
Paracetamol

What do you want to say to P2 becoming P3's next year?
Ask to do things on placement & get to know the staff there.



Nhi Nguyễn

Not a CAL but "Not to be taken" =)))

Favourite drug/condition to counsel on
Asthma-inhalers but when the patient is not at the edge of losing their breath...

What do you want to say to P2 becoming P3's next year?
Have fun and good luck hehe



Jasmine Paneda

CAUTION: Tendency to overthink

Favourite drug/condition to counsel on
Symbicort inhaler

What do you want to say to P2 becoming P3's next year?
Look forward to doing rural and hospital placements

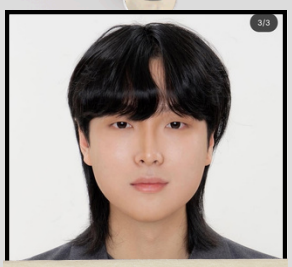


Jenny Park

NS

Favourite drug/condition to counsel on
Aspirin

What do you want to say to P2 becoming P3's next year?
Mentally prepare yourself for P3

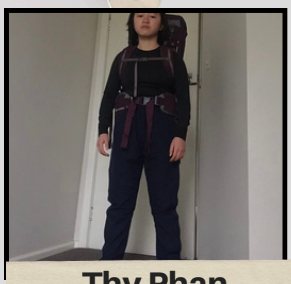


Taehun Park

Take with coffee in the morning

Favourite drug/condition to counsel on
Hypertension

What do you want to say to P2 becoming P3's next year?
Join IPSF's Student Exchange Programme



Thy Phan

/8

Favourite drug/condition to counsel on
Doxycycline

What do you want to say to P2 becoming P3's next year?
Good luck.



Emma Prendergast

Avoid Grapefruit and its juice

Favourite drug/condition to counsel on
Inhaler counselling

What do you want to say to P2 becoming P3's next year?
Have a good support system



Shavonne Ramiah

Caution: Might try to steal your burger

Favourite drug/condition to counsel on
The ones where I have to show empathy

What do you want to say to P2 becoming P3's next year?
Don't be afraid to ask lecturers questions



Jaspreet Rattu

Do not stop having fun!

Favourite drug/condition to counsel on
Morphine for Pain

What do you want to say to P2 becoming P3's next year?
Everything will be done in the end! Doesn't matter how hard it is!



Jaxon Reid

Expiry: @29384

Favourite drug/condition to counsel on
Dexmedetomidine has a cool name

What do you want to say to P2 becoming P3's next year?
Save money for P4. Go to and engage with your classes, the lecturers are nice people you can talk to and they want to help you.

P3 ProFile



Jess Shepherd

Grapefruit may interest with this medicine. Discuss with your pharmacist.

Favourite drug/condition to counsel on
OTCs for cough and colds
What do you want to say to P2 becoming P3's next year?
Having pharmacy work experience is super helpful



Amy Su

Doomscrolling required after naps

Favourite drug/condition to counsel on
Omeprazole
What do you want to say to P2 becoming P3's next year?
You are nearly halfway through your degree!!



Rahul Suri

/9 Do not stop taking this medicine without consulting your doctor

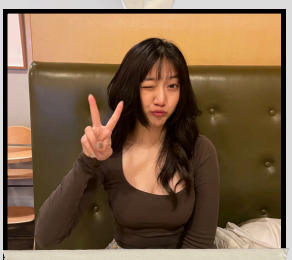
Favourite drug/condition to counsel on
Salbutamol
What do you want to say to P2 becoming P3's next year?
Don't be 40 lectures behind



James Wang

SHAKE THE BOTTLE

Favourite drug/condition to counsel on
Insulin is pretty fun
What do you want to say to P2 becoming P3's next year?



Hope Wanchan

Take with boba - may increase effectiveness

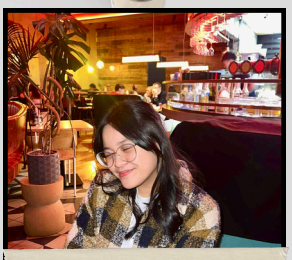
Favourite drug/condition to counsel on
Contraceptive pills
What do you want to say to P2 becoming P3's next year?
You will fall in love with reflection (or hate it)



Katie Westphall

Talks a lot

Favourite drug/condition to counsel on
Salbutamol
What do you want to say to P2 becoming P3's next year?
Have lots of fun !!!



Nadea Yee

Caution: Take With Corgi

Favourite drug/condition to counsel on
Salbutamol with spacer
What do you want to say to P2 becoming P3's next year?
Don't forget to put rinse mouth after use when dispensing steroid inhalers



Sarah Zhang

Don't avoid grapefruit and its juice.

Favourite drug/condition to counsel on
None.... (^. .^)9
What do you want to say to P2 becoming P3's next year?
It will be over soon. Good luck!



Heidi Nguyễn

/11 Avoid grapefruit & its juice 😜

Favourite drug/condition to counsel on
Cold & Flu
What do you want to say to P2 becoming P3's next year?
It's worth having a pharmacy job, some important soft skills aren't taught at school!



Yekta Reddy

DO NOT MIX WITH: early mornings or group assignments

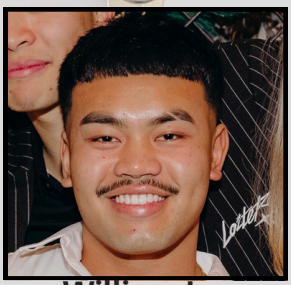
Favourite drug/condition to counsel on
Insulin/diabetes 💉
What do you want to say to P2 becoming P3's next year?
Eat breakfast before hospital placement otherwise you'll starve! (lesson learnt 😓)



Finlay Brown

/2.5 - Drink atleast two bottles of wine in one sitting.

Favourite drug/condition to counsel on
Erectile Dysfunction
What do you want to say to P2 becoming P3's next year?
Seriously lock the **** in.



William Ly

Favourite drug/condition to counsel on
Oral contraceptives
What do you want to say to P2 becoming P3's next year?
P3 has a lot of content! Remember to enjoy the little things outside of study so you don't burn yourself out





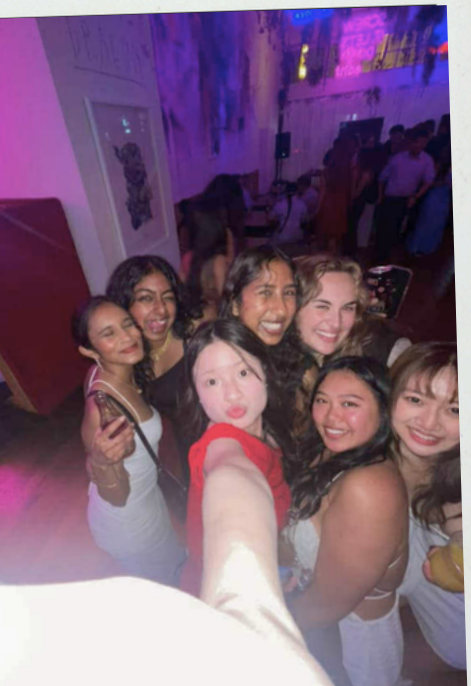






XOXO


Whakaihu Waka | Univers
DO I HAVE TO KEEP TAKING THIS MEDICINE FOREVER?
HOW DO I FIT TAKING THIS MEDICINE INTO MY DAY?
HOW LONG DO I HAVE TO TAKE THIS MEDICINE FOR?
Win!
BLOOD GLUCOSE CHECK




ECKO UNLTD.



Honours

My honours project this year is "investigating endogenous lipid nanoparticles", supervised by Dr. Shakila Rizwan. This year was a huge learning opportunity for me, as I was able to work in the lab and learn how to make formulations, grow my cells (cell mum duties!), and undergo a range of in vitro experiments! While there were many ups and downs this year, I'm so grateful to have an amazing team to work with, alongside the other honours students. Overall, it was a challenging, but fulfilling year!

- Hana

My research project investigated the use of educational videos for patient counselling about retinopathy of prematurity eye exams. I got to work alongside the lovely Lisa Kremer on this project. It was a huge learning curve; expanding my research skills, teaching myself video editing and reading every paper I came across took a lot more time than I expected lol. I was so lucky to have an awesome supervisor who introduced me to so many kaupapa Māori and neonatology researchers who supported me along the way. I was privileged enough to learn alongside the other amazing honours students for what has been a full year to say the least!

- Brynn

This year, the Honours programme has been both challenging and rewarding. My project, exploring community pharmacists' perceptions and practices on antimicrobial stewardship in New Zealand under the guidance of Dr Mudassir Anwar, allowed me to engage with an area I've grown increasingly interested in while developing practical research skills. I am grateful for the support of my supervisor, friends, other fellow honours students and whānau who have carried me through the year. Reflecting on this experience, I am proud of what I have achieved and the skills I have gained to carry forward into my future career, whatever that may be.

- Vachrisa

My project was looking at antipsychotic prescribing patterns in New Zealand stroke patients, supervised by Dr. Ailsa McGregor. There are no guidelines internationally or in New Zealand for how to manage post-stroke psychosis, yet these patients have much poorer functional outcomes. That's where my project comes in! I was looking at the current pattern of prescribing, relating that to functional status, then evaluating what prescribing guidelines should be moving forward to help improve these outcomes for stroke patients. I was able to work with some great people and developed strong friendships with people in my team, which made for a very enjoyable year :)

- Emma



My project is supervised by A/Professor Greg Walker and is titled Intranasal vaccine delivery: Development of a mRNA lipid nanoparticle formulation for nasal delivery. It has been a great experience where I have been able to learn many new lab skills and got to work alongside many knowledgeable people. The year has had many ups and downs but it has been very fulfilling working on a project that I hope one day can be a reality.

-Jacob

My project focused on designing novel prodrugs for colorectal cancer, under the supervision of Allan Gamble. Cancer continues to affect millions of people worldwide, so it was an incredible opportunity to contribute to research aimed at developing drugs that could reduce cancer spread and minimise side effects. The year had its ups and downs, but meeting and working alongside the incredible people in the lab was truly a highlight.

- Guntas

My project was supervised by Dr Amber Young, A/Prof Alesha Smith and Dr. Chloe Campbell in Wellington :) Over the year, we set up a survey and sent it out to investigate women's experiences and opinions on whether they would want topical menopausal hormonal treatment to be made available via community pharmacist consultation. It's been an amazing year working with such knowledgeable women and being able to develop my writing and critical thinking skills through research. Especially diving into a topic that needs more recognition :)

- Suraiyaa

P4 Moments





Placements

Placements were such a unique and memorable part of our journey. Having two, 4-week placements this year meant we gained experience in eight different pharmacies, alongside clinical pharmacists, Medsafe, hospitals, and more.

While the days were long, they gave us invaluable learning opportunities and bonded us in ways we'll never forget. I'll always carry fun stories and lasting memories from those placements.



Group Projects

Placements may have split us up, but the group projects in 420, 430, and our 410 partnerships brought us back together. We ended up working with people we'd never teamed up with before, learning how to collaborate, come up with wild hypothetical businesses, and dive into fun side projects. From gym sessions to picking up new languages, these experiences gave us more than just pharmacy skills—they gave us memories and moments we'll carry forward.

This year has been amazing, and I can't wait to see where everyone ends up. Here's to new and long-lasting friendships!!
Signing off -Tala Farah :0











P4 profiles!

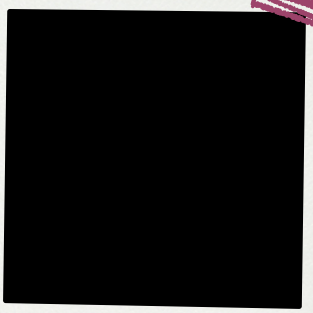


Guntas Ahluwalia

What's a piece of advice you'd give to your first year self?
Try to drink more

Complete the phrase: "I survived pharmacy school thanks to..."
My girlfriend

What's your most unhinged pharmacy school memory? (If not uni memory)
Confidential 😂



Shaimaa Alkhabaz

What's a piece of advice you'd give to your first year self?
Pharmacy is not bad after all!

Complete the phrase: "I survived pharmacy school thanks to..."
My mom💕

What's your most unhinged pharmacy school memory? (If not uni memory)
Honestly no idea



Jenna Bae

What's a piece of advice you'd give to your first year self?
Enjoy youth

Complete the phrase: "I survived pharmacy school thanks to..."
Matcha, donuts, and bubble tea

What's your most unhinged pharmacy school memory? (If not uni memory)
I made random dance moves to memorise Maori terms



Nikayla Barnard

What's a piece of advice you'd give to your first year self?
You actually learn stuff if you go to class

Complete the phrase: "I survived pharmacy school thanks to..."
Josie's workshop notes.

What's your most unhinged pharmacy school memory? (If not uni memory)
Breaking my face



Melanie Burt

What's a piece of advice you'd give to your first year self?
Buy lots of candles... you'll find out why next year...

Complete the phrase: "I survived pharmacy school thanks to..."
Vanilla Coke and getting second hand high from my third year flatmate

What's your most unhinged pharmacy school memory? (If not uni memory)
Sending people who didn't have my number saved texts during lectures telling them a partner had tested positive for an STD then watching them panic 💀



Aisling Casey

What's a piece of advice you'd give to your first year self?
There's more to life than grades- give yourself some grace <3

Complete the phrase: "I survived pharmacy school thanks to..."
Coffee and lovely company ☕💌

What's your most unhinged pharmacy school memory? (If not uni memory)
Misspelling diskus as "dickus" in a P2 workshop presentation for Dr. Das 🤫✌️



Sai Chakrahari

What's a piece of advice you'd give to your first year self?
Baccarat is cooked

Complete the phrase: "I survived pharmacy school thanks to..."
Player or Banker

What's your most unhinged pharmacy school memory? (If not uni memory)
P4 ball



Rin Chang

What's a piece of advice you'd give to your first year self?
Start looking for a new flat ASAP

Complete the phrase: "I survived pharmacy school thanks to..."
Sesame

What's your most unhinged pharmacy school memory? (If not uni memory)
Remembering I forgot to put preservative in a patient's oral suspension and they have already left the pharmacy



Yuvraj Chaudhary

What's a piece of advice you'd give to your first year self?
Dad lore > money, any day of the week

Complete the phrase: "I survived pharmacy school thanks to..."
A fine af Singaporean

What's your most unhinged pharmacy school memory? (If not uni memory)
Queenstown 2023, Day 2

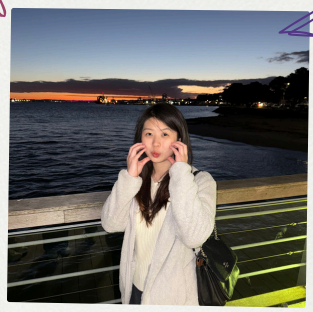


Susanna Chen

What's a piece of advice you'd give to your first year self?
Putting rice crackers in your air-fryer will set it on fire

Complete the phrase: "I survived pharmacy school thanks to..."
Free food at info evenings

What's your most unhinged pharmacy school memory? (If not uni memory)
Drunk, in a bathtub w Minh covered in vomit and pee

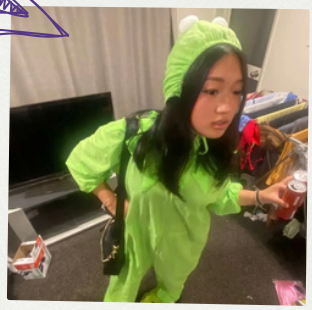


Rui Yu Chiah

What's a piece of advice you'd give to your first year self?
Always be calm and keep crawling 🙃🙃

Complete the phrase: "I survived pharmacy school thanks to..."
The spirit of procrastination but never giving up

What's your most unhinged pharmacy school memory? (If not uni memory)
Having bunch of good friends from class and sports



Belle Chang

What's a piece of advice you'd give to your first year self?
Nothing, I am perfect

Complete the phrase: "I survived pharmacy school thanks to..."
Recorded lectures

What's your most unhinged pharmacy school memory? (If not uni memory)
Ethan vomiting with his sheep friends

p4 profiles!

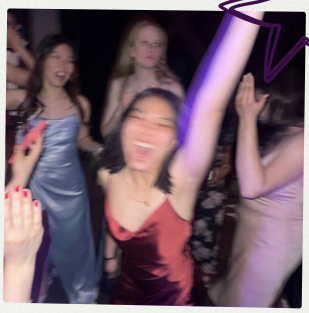


Phylicia Chong

What's a piece of advice you'd give to your first year self?
Don't stress yourself too much and enjoy your time in pharmacy school

Complete the phrase: "I survived pharmacy school thanks to..."
Wan nur annisaa binti wan mohd izham ❤️

What's your most unhinged pharmacy school memory? (If not uni memory)
When we skipped workshops to go to mount cook 🗻



Rui Yin Chung

What's a piece of advice you'd give to your first year self?
Don't lose hope and give up. You're going to figure things out so keep fighting!'

Complete the phrase: "I survived pharmacy school thanks to..."
Anki, Chatgpt and skipping lectures when I was not supposed to.

What's your most unhinged pharmacy school memory? (If not uni memory)
Going crazy on the dance floor after having less than 2 glasses of alcohol



Sophie Clarke

What's a piece of advice you'd give to your first year self?
Please put a jacket on when you go to town

Complete the phrase: "I survived pharmacy school thanks to..."
Isla 💝💝💝

What's your most unhinged pharmacy school memory? (If not uni memory)
211 lab on st paddys day



Pippa Croft

What's a piece of advice you'd give to your first year self?
Buy ChatGPT premium

Complete the phrase: "I survived pharmacy school thanks to..."
ChatGPT

What's your most unhinged pharmacy school memory? (If not uni memory)
Belle slipping over at the pharmacy ball on the dance floor



Hind Darwish

What's a piece of advice you'd give to your first year self?
"Prepare to go from 'dream doctor' to 'reality pharmacist.'"

Complete the phrase: "I survived pharmacy school thanks to..."
Watermelon Red Bull

What's your most unhinged pharmacy school memory? (If not uni memory)
At wine and cheese, a drunk girl smashed a glass in the corner and immediately acted like nothing happened, like no one noticed.



Grace Dixon

What's a piece of advice you'd give to your first year self?
Study breaks are actually a good thing!

Complete the phrase: "I survived pharmacy school thanks to..."
Spotify premium + Musashi energy drinks

What's your most unhinged pharmacy school memory? (If not uni memory)
Nearly being killed by the SOP elevators (Mel was my witness)



Georgia Doherty

What's a piece of advice you'd give to your first year self?
Touch some grass lol

Complete the phrase: "I survived pharmacy school thanks to..."
Butter chicken pie + cheese roll combo from Bakehouse on Bond

What's your most unhinged pharmacy school memory? (If not uni memory)
When a placement site told me that each label I wasted would cost me 10c



Kieran Draper

What's a piece of advice you'd give to your first year self?
Take antacids for your asian flush

Complete the phrase: "I survived pharmacy school thanks to..."
My liver

What's your most unhinged pharmacy school memory? (If not uni memory)
Got tackled down the stairs by the bouncer at Winnie's



Elmira Dvoracek

What's a piece of advice you'd give to your first year self?
Create a notion database of all conditions and medications

Complete the phrase: "I survived pharmacy school thanks to..."
Recorded lectures

What's your most unhinged pharmacy school memory? (If not uni memory)
Greening out

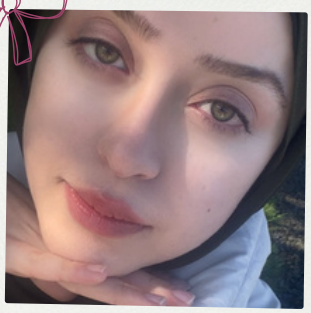


Tala Farah

What's a piece of advice you'd give to your first year self?
It's not that serious

Complete the phrase: "I survived pharmacy school thanks to..."
cjs and my girlies

What's your most unhinged pharmacy school memory? (If not uni memory)
Leg stump



Rama Fashwal

What's a piece of advice you'd give to your first year self?
Don't stress about knowing everything, focus on building good habits and enjoying the learning journey.

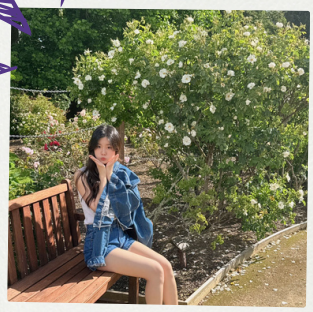
Complete the phrase: "I survived pharmacy school thanks to..."
My family❤️

What's your most unhinged pharmacy school memory? (If not uni memory)
Shook a bottle of liquid antibiotic so hard the child-proof cap popped off and sprayed everywhere.



Zoe Fissenden

P4 profiles!



Muhan Gao

What's a piece of advice you'd give to your first year self?
Study please

Complete the phrase: "I survived pharmacy school thanks to..."
Paracetamol

What's your most unhinged pharmacy school memory? (If not uni memory)
Pass OSCE



Grace Gardner

What's a piece of advice you'd give to your first year self?
Go to pint night at least once a week

Complete the phrase: "I survived pharmacy school thanks to..."
Chloe <333

What's your most unhinged pharmacy school memory? (If not uni memory)
The bush with Chloe



Isla Gellatly

What's a piece of advice you'd give to your first year self?
Pharm entry grade average is lower than you think

Complete the phrase: "I survived pharmacy school thanks to..."
Sophie Clarke

What's your most unhinged pharmacy school memory? (If not uni memory)
Bargain Chemist information night kick ons

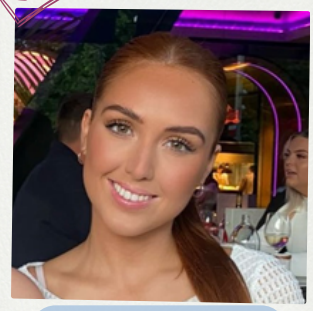


Grace Gill

What's a piece of advice you'd give to your first year self?
Invest in gloves early, because chilblains aren't fun

Complete the phrase: "I survived pharmacy school thanks to..."
The Farm Group Chat

What's your most unhinged pharmacy school memory? (If not uni memory)
P3 End of Year



Josephine Grant

What's a piece of advice you'd give to your first year self?
Stop stressing out so much!

Complete the phrase: "I survived pharmacy school thanks to..."
My wonderful mum

What's your most unhinged pharmacy school memory? (If not uni memory)
Cutting a lock of my hair and tapping it to a stick figure of myself in P2 in order to be allowed into Aimee Hendrens flat



Chris Griffiths

What's a piece of advice you'd give to your first year self?
Watch ninjaMed instead of lectures

Complete the phrase: "I survived pharmacy school thanks to..."
Caffeine as per NZF guidelines

What's your most unhinged pharmacy school memory? (If not uni memory)
Skipping OSCEs and MCQs for a cruise

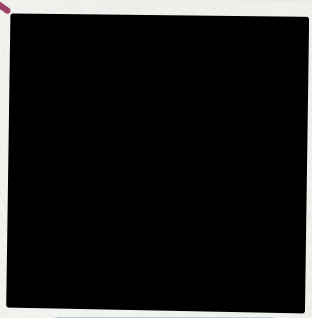


Bella Hackett

What's a piece of advice you'd give to your first year self?
Get a part time job in a pharmacy!! It helps so much with law and OSCEs

Complete the phrase: "I survived pharmacy school thanks to..."
Jacobs creek wine (cheap and effective)

What's your most unhinged pharmacy school memory? (If not uni memory)
Seeing how many people we can get black out at end of exam drinks



Aaref Haidar

Complete the phrase: "I survived pharmacy school thanks to..."
My mom



Minh Tam Haldane

What's a piece of advice you'd give to your first year self?
Don't EVER eat fried chicken in front of the HealthSci library, the seagulls are actually FERAL and will steal it 😭

Complete the phrase: "I survived pharmacy school thanks to..."
Cha Time fried chicken 🍗😋🍱

What's your most unhinged pharmacy school memory? (If not uni memory)
The prolapsed noodle incident. Enough said.



Mohammed Hayat

What's a piece of advice you'd give to your first year self?
You're going to feel lost sometimes but every challenge you'll have will shape you into becoming a better version of yourself :)

Complete the phrase: "I survived pharmacy school thanks to..."
My family, friends and ofc chatGPT



Aimee Hendren

What's a piece of advice you'd give to your first year self?
Get ready to live at the health sci library. Your motivation to study is non existent at the end.

Complete the phrase: "I survived pharmacy school thanks to..."
Trips to New World for study snacks. Attempts at splitting the 'G' at the bog.

What's your most unhinged pharmacy school memory? (If not uni memory)
Any pharmacy event. Always blacking out at end of semester hosts



Zandra Hinton

What's a piece of advice you'd give to your first year self?
You don't need high grades to get into pharmacy

Complete the phrase: "I survived pharmacy school thanks to..."
Mel Burt

What's your most unhinged pharmacy school memory? (If not uni memory)
I don't think I can share that

P4 profiles!



Tian Chang Ho

What's a piece of advice you'd give to your first year self?
Don't overthink stuffs

Complete the phrase: "I survived pharmacy school thanks to..."
Myself

What's your most unhinged pharmacy school memory? (If not uni memory)
Placement



Annisaa Izham

What's a piece of advice you'd give to your first year self?
Honestly just chill

Complete the phrase: "I survived pharmacy school thanks to..."
Coffee and my friends ❤️

What's your most unhinged pharmacy school memory? (If not uni memory)
Wanted to scare Gia out of the bathrooms, but I accidentally scared Chloe the tutor



Geumyeong (Kevin) Jang

What's a piece of advice you'd give to your first year self?
Don't give up, you got this

Complete the phrase: "I survived pharmacy school thanks to..."
I survived pharmacy school thanks to Chatgpt

What's your most unhinged pharmacy school memory? (If not uni memory)
During placement, I've seen a patient have a seizure



Andy Jung

What's a piece of advice you'd give to your first year self?
Gamble

Complete the phrase: "I survived pharmacy school thanks to..."
Gamble

What's your most unhinged pharmacy school memory? (If not uni memory)
Gambling



Abigail Kakumanu

What's a piece of advice you'd give to your first year self?
Don't be afraid to ask questions and make mistakes

Complete the phrase: "I survived pharmacy school thanks to..."
Friends, staff and a lot of prayers

What's your most unhinged pharmacy school memory? (If not uni memory)
Accidentally studied for the wrong exam and still passed



Fonie Ka

What's a piece of advice you'd give to your first year self?
Be Dory, just forget it and keep swimming

Complete the phrase: "I survived pharmacy school thanks to..."
My friend that give me Pepero and another that says they have pineapples ready for me but its in their room XD

What's your most unhinged pharmacy school memory? (If not uni memory)
When I used to bawl my eyes out for physics in HSFY but then a pass is a pass in pharmacy



Suraiyaa Khan

What's a piece of advice you'd give to your first year self?
Just because its for the plot, doesn't mean it's character building babes.

Complete the phrase: "I survived pharmacy school thanks to..."
Not doing a single LT.

What's your most unhinged pharmacy school memory? (If not uni memory)
The green room x



Izzy Knowling

What's a piece of advice you'd give to your first year self?
Enjoy and make the most of your time at uni

Complete the phrase: "I survived pharmacy school thanks to..."
Cheap cookie time coffee, sweet treats and miga hako rice balls.

What's your most unhinged pharmacy school memory? (If not uni memory)
St paddy's day classes, balls, post exam hosts

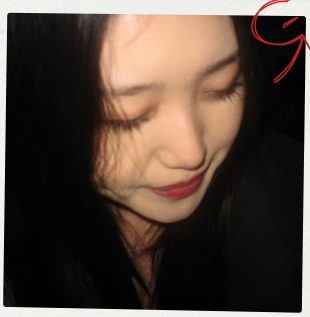


Naomi Knox

What's a piece of advice you'd give to your first year self?
Don't be afraid to ask for help!

Complete the phrase: "I survived pharmacy school thanks to..."
Travelling twice a year to IPSF Events and my friends <3

What's your most unhinged pharmacy school memory? (If not uni memory)
Clubbing in my pjs without my passport/ID while in Thailand



Stacey Lee

What's a piece of advice you'd give to your first year self?
Drink more before your liver retires at 21 😔

Complete the phrase: "I survived pharmacy school thanks to..."
Lie down time

What's your most unhinged pharmacy school memory? (If not uni memory)
Naomi's BYO afters (iykyk)



Choe Light

What's a piece of advice you'd give to your first year self?
Goodluck

Complete the phrase: "I survived pharmacy school thanks to..."
Grace

What's your most unhinged pharmacy school memory? (If not uni memory)
The bush with grace



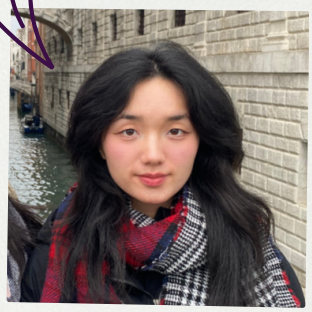
Yi Rou Lim

What's a piece of advice you'd give to your first year self?
Experience campus life even though it was optional to be physically in campus (online sucks!!!!)

Complete the phrase: "I survived pharmacy school thanks to..."
Phylicia 😻

What's your most unhinged pharmacy school memory? (If not uni memory)
Coming all the way to nz by myself thinking it would be fun

p4 profiles!



Helen Liu

What's a piece of advice you'd give to your first year self?
You'll never fully understand antibiotics. That's okay, you still passed.

Complete the phrase: "I survived pharmacy school thanks to..."
Paracetamol + Ibuprofen (godly combo)

What's your most unhinged pharmacy school memory? (If not uni memory)
Swore at the anti-abortion protestors in front of the hospital

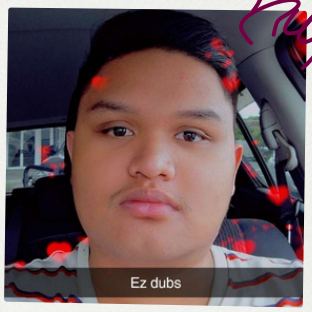


Wei Loh

What's a piece of advice you'd give to your first year self?
Surround yourself around the smartest people in pharmacy and just piggyback off their notes and study techniques.

Complete the phrase: "I survived pharmacy school thanks to..."
The boys (Andy, Sai, Yuv, Ethan) The gals (Ava, Aimee, Izzy) and the biggest brain out there (Josephine).

What's your most unhinged pharmacy school memory? (If not uni memory)
Getting blackout drunk at 2pm on a random Wednesday during p2 camp vomiting all over campus.



Gyan Lumo

What's a piece of advice you'd give to your first year self?
Study at least a week ahead of an exam, cause fuck, i have an mcq in 2 days and I haven't looked at a single lectures, i'm fucked, i'm not gonna graduate

Complete the phrase: "I survived pharmacy school thanks to..."
I'm hanging on by a thread rn don't ask me this, i have an MCQ in 2 days and i haven't studied

What's your most unhinged pharmacy school memory? (If not uni memory)
Photoshopping Sue Heydon onto Everest and then making a slideshow about her Everest Getaway and presenting it to her



Anna Mason

What's a piece of advice you'd give to your first year self?
Do more of your hobbies.

Complete the phrase: "I survived pharmacy school thanks to..."
My hobbies.

What's your most unhinged pharmacy school memory? (If not uni memory)
Bro idk Im so tired.



Brynn McBurney

What's a piece of advice you'd give to your first year self?
Stay on top of your flashcards!!!

Complete the phrase: "I survived pharmacy school thanks to..."
Sweet treats and my friends 🥰

What's your most unhinged pharmacy school memory? (If not uni memory)
My flatmate having a threesome in my bed while I was away



Jazelle McCormick

What's a piece of advice you'd give to your first year self?
Chill out

Complete the phrase: "I survived pharmacy school thanks to..."
Lorazepam

What's your most unhinged pharmacy school memory? (If not uni memory)
P2 rap

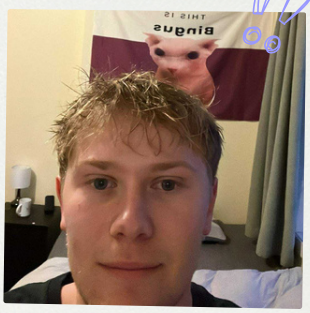


Holly McCullough

What's a piece of advice you'd give to your first year self?
Girl lock in

Complete the phrase: "I survived pharmacy school thanks to..."
My baddie friends <3

What's your most unhinged pharmacy school memory? (If not uni memory)
Idk too many haha



Morgan Mills

What's a piece of advice you'd give to your first year self?
Put effort into studying for tests regardless of the percent

Complete the phrase: "I survived pharmacy school thanks to..."
Revision workshops

What's your most unhinged pharmacy school memory? (If not uni memory)
Being 15 minutes late to a workshop



Kathryn Monaghan

What's a piece of advice you'd give to your first year self?
Open your laptop

Complete the phrase: "I survived pharmacy school thanks to..."
Leaving my 2nd year flat

What's your most unhinged pharmacy school memory? (If not uni memory)
My 2nd year flat



Aylah-Rose Narbey-Nimeti

What's a piece of advice you'd give to your first year self?
Don't buy the $100, 3-year NZAPS-O membership (it ends up being free)

Complete the phrase: "I survived pharmacy school thanks to..."
MS iykyk

What's your most unhinged pharmacy school memory? (If not uni memory)
Getting stuck in the Adam's Building elevator with James Windle



Kakneka Nem

What's a piece of advice you'd give to your first year self?
U need to revise P2 stuff in P4 so keep good notes, don't burn them like in hsfy

Complete the phrase: "I survived pharmacy school thanks to..."
Energy drinks + Friendgroup + Friendly/Sweet Pharmacy School Staff

What's your most unhinged pharmacy school memory? (If not uni memory)
Piggybacking my bestie in a ball dress and heels to Maccas after South East Asian ball



Ethan Palermo

What's a piece of advice you'd give to your first year self?
Relax, it's all going to work out! :)

Complete the phrase: "I survived pharmacy school thanks to..."
Friends

What's your most unhinged pharmacy school memory? (If not uni memory)
Watching a couch burn

p4 profiles!

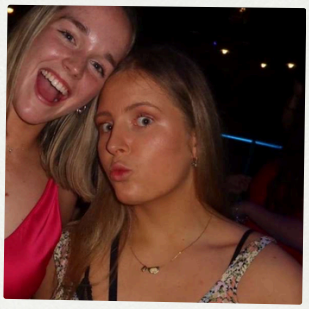


Pearl Park

What's a piece of advice you'd give to your first year self?
Do drugs

Complete the phrase: "I survived pharmacy school thanks to..."
Tft

What's your most unhinged pharmacy school memory? (If not uni memory)
Faceplanting in barnett on the first lecture of p2



Poppy Patching

What's a piece of advice you'd give to your first year self?
It's not that deep

Complete the phrase: "I survived pharmacy school thanks to..."
Central lib 1st floor strip

What's your most unhinged pharmacy school memory? (If not uni memory)
Wee hungover vommy in hunter toilets during a 9am workshop



Matthew Peoples

What's a piece of advice you'd give to your first year self?
Enjoy the whole Uni experience

Complete the phrase: "I survived pharmacy school thanks to..."
A fella called James Speight

What's your most unhinged pharmacy school memory? (If not uni memory)
Swimming in the Leith in 4th year after the science ball



Fylgia Romero

What's a piece of advice you'd give to your first year self?
Relax, it's all going to work out! :)

Complete the phrase: "I survived pharmacy school thanks to..."
Coffee

What's your most unhinged pharmacy school memory? (If not uni memory)
Drove Dud-Chch-Dun in one day, just to make it to a workshop 🐶



Ophelia Ross

What's a piece of advice you'd give to your first year self?
Gaslight, Gatekeep, Girboss

Complete the phrase: "I survived pharmacy school thanks to..."
Subway Subs + $6 cookie boxes (and my friends I guess)

What's your most unhinged pharmacy school memory? (If not uni memory)
Thinking getting four tattoos in one session is a form of therapy.



Sumeetha Raj

What's a piece of advice you'd give to your first-year self?
It gets better after 211

Complete the phrase: "I survived pharmacy school thanks to..."
$4 lunch & free breakfasts

What's your most unhinged pharmacy school memory? (If not uni memory)
Asking Heather "what's wrong with you?" when starting my communication during skills lab



Shelby Rupa-Hayward

What's a piece of advice you'd give to your first year self?
Not my monkey, not my circus :P

Complete the phrase: "I survived pharmacy school thanks to..."
My pharmily <3

What's your most unhinged pharmacy school memory? (If not uni memory)
Technician on placement said I didn't seem Māori because I didn't introduce myself with "KiA oRa"



Tammie Sibanda

Complete the phrase: "I survived pharmacy school thanks to..."
Nikayla

What's your most unhinged pharmacy school memory? (If not uni memory)
Bingo nights with Denise



Ollie Simpson

What's a piece of advice you'd give to your first year self?
Wash my white coat

Complete the phrase: "I survived pharmacy school thanks to..."
My mates notes

What's your most unhinged pharmacy school memory? (If not uni memory)
Boogie Nites



Jonah Smith

What's a piece of advice you'd give to your first year self?
Find those central library $3 pies asap

Complete the phrase: "I survived pharmacy school thanks to..."
The occasional NYT game with the boys

What's your most unhinged pharmacy school memory? (If not uni memory)
being handshum



Jacob Spijkerbosch

What's a piece of advice you'd give to your first year self?
Don't do too much, you value sleep far more

Complete the phrase: "I survived pharmacy school thanks to..."
Miga Hako rice balls

What's your most unhinged pharmacy school memory? (If not uni memory)
Selfies with Das



Vachrisa Stevenson

What's a piece of advice you'd give to your first year self?
Start writing your dissertation earlier lol

Complete the phrase: "I survived pharmacy school thanks to..."
The fix mochas with marshmallows

What's your most unhinged pharmacy school memory? (If not uni memory)
Been telling everyone I'm 23 but I'm actually 28

P4 profiles!



Natalie Su

What's a piece of advice you'd give to your first year self?
Trust

Complete the phrase: "I survived pharmacy school thanks to..."
My sanity

What's your most unhinged pharmacy school memory? (If not uni memory)
Pulled an all-nighter before an exam, surviving on instant noodles and caffeine, then walked into the wrong lecture hall and realised i'd studied the wrong topic.



Jade Tau-Manuel

What's a piece of advice you'd give to your first year self?
You'll pass 211

Complete the phrase: "I survived pharmacy school thanks to..."
Taking Chris week's tehe

What's your most unhinged pharmacy school memory? (If not uni memory)
Passing out mid workshop in on 7th floor?



Fayee Tong

What's a piece of advice you'd give to your first year self?
Study

Complete the phrase: "I survived pharmacy school thanks to..."
Food and sleep 😴

What's your most unhinged pharmacy school memory? (If not uni memory)
🤷‍♀️



Te Aniwa Tutua

What's a piece of advice you'd give to your first-year self?
Nothing i'm perfect x

Complete the phrase: "I survived pharmacy school thanks to..."
Anna

What's your most unhinged pharmacy school memory? (If not uni memory)
Getting asked to meet the flight attendant in the back for some special treatment



Emma Tuckey

What's a piece of advice you'd give to your first-year self?
Please don't cancel your pharmacy application...

Complete the phrase: "I survived pharmacy school thanks to..."
Hopes, prayers, and endless sweet treats :)

What's your most unhinged pharmacy school memory? (If not uni memory)
Munching on a straight wheel of blue cheese in class #healthiswealth



Zoe Turner

What's a piece of advice you'd give to your first year self?
NEVER!!! go anywhere in Dunedin without an umbrella or jacket.

Complete the phrase: "I survived pharmacy school thanks to..."
Sheer determination and all of the very incredible people in my life (+ Stardew Valley for balance!)

What's your most unhinged pharmacy school memory? (If not uni memory)
Beat cancer #mogged



Xin Pei Tay

What's a piece of advice you'd give to your first year self?
Stock up on instant noodles before exam week.

Complete the phrase: "I survived pharmacy school thanks to..."
Bubble tea and Malatang

What's your most unhinged pharmacy school memory? (If not uni memory)
Receiving email to resit for exam



Amy Wang

What's a piece of advice you'd give to your first year self?
Do things that spark joy

Complete the phrase: "I survived pharmacy school thanks to..."
The fear of failure and luck

What's your most unhinged pharmacy school memory? (If not uni memory)
Skipping class to go to Mt Cook



Jinghan Wang

What's a piece of advice you'd give to your first year self?
Be brave

Complete the phrase: "I survived pharmacy school thanks to..."
Fayee

What's your most unhinged pharmacy school memory? (If not uni memory)
🤔



Sam Ward

What's a piece of advice you'd give to your first-year self?
Study antibioitcs a lot

Complete the phrase: "I survived pharmacy school thanks to..."
Vitamin C tablets

What's your most unhinged pharmacy school memory? (If not uni memory)
Dressing a wound with toilet paper



Grayson Westgate

What's a piece of advice you'd give to your first year self?
Stop going to lectures

Complete the phrase: "I survived pharmacy school thanks to..."
AI

What's your most unhinged pharmacy school memory? (If not uni memory)
Yuvraj in a workshop on Saint Patties day (iykyk)



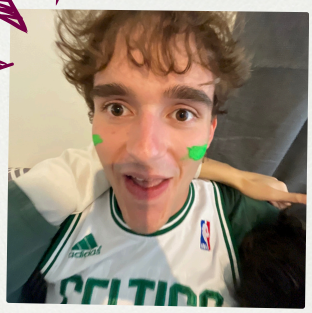
Zhi Qi Wong

What's a piece of advice you'd give to your first year self?
You might forget most drugs, but you'll never forget the ones that traumatized you

Complete the phrase: "I survived pharmacy school thanks to..."
Google and myself

What's your most unhinged pharmacy school memory? (If not uni memory)
Got asked about pain management in an exam and my brain went: "Paracetamol. Always paracetamol."

P4 profiles!



Nick Workman

What's a piece of advice you'd give to your first year self?
You can retake a paper but you can't retake a night out

Complete the phrase: "I survived pharmacy school thanks to..."
Beer

What's your most unhinged pharmacy school memory? (If not uni memory)
Any night out with Wei

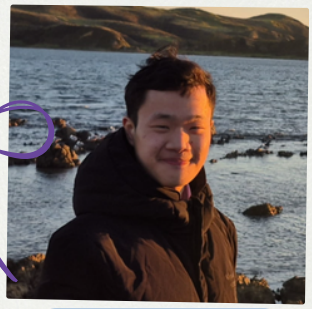


Wakana Yamaji

What's a piece of advice you'd give to your first year self?
Don't work too much during semester

Complete the phrase: "I survived pharmacy school thanks to..."
Coffee, biscoff and YouTube

What's your most unhinged pharmacy school memory? (If not uni memory)
A man came into my work asking to use the toilet. We explained that he could use it if he purchased a meal or drink, as our bathrooms are for paying customers only. Suddenly, he became very angry and slammed our work laptop onto the table, completely destroying the laptop and left a big mark on the table. As you can imagine, he has now been trespassed from the restaurant.

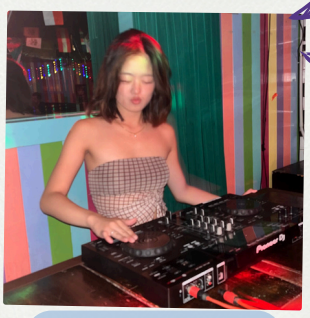


Zeh Yau

What's a piece of advice you'd give to your first year self?
You find good times when you dare to wander off-track.

Complete the phrase: "I survived pharmacy school thanks to..."
Food, water and shel- nah, it's all thanks to the lovely people in the Pharmacy Student Support team!

What's your most unhinged pharmacy school memory? (If not uni memory)
Language-barrier telephone game to find out a patient had been taking second-line antibiotics bought abroad as an anti-inflammatory for months.



Hana Yim

What's a piece of advice you'd give to your first year self?
Find a hobby

Complete the phrase: "I survived pharmacy school thanks to..."
Stardew valley & minecraft nights w the flat, pogo gym raids & cafe dates w the loml <3

What's your most unhinged pharmacy school memory? (If not uni memory)
(Almost) getting kicked out from the club for touching a dj set in R1 welly



Min Yi Yit

What's a piece of advice you'd give to your first year self?
Take lots of photos, not just notes :))

Complete the phrase: "I survived pharmacy school thanks to..."
Early morning caffeine and late night cramming

What's your most unhinged pharmacy school memory? (If not uni memory)
Workshop



Ava Young

What's a piece of advice you'd give to your first year self?
You're going to be delulu in healthsci lib for the next few exam seasons don't forget about the gummy bear

Complete the phrase: "I survived pharmacy school thanks to..."
Cookie time coffee deals

What's your most unhinged pharmacy school memory? (If not uni memory)
P2 ball mason jars and generally any pharmacy post exam host



Winnie Zeng

What's a piece of advice you'd give to your first year self?
Do the Lt

Complete the phrase: "I survived pharmacy school thanks to..."
Miga hako

What's your most unhinged pharmacy school memory? (If not uni memory)
Passing out



Steph Brough

What's a piece of advice you'd give to your first year self?
Drop out of pharmacy sooner

Complete the phrase: "I survived pharmacy school thanks to..."
I didn't

What's your most unhinged pharmacy school memory? (If not uni memory)
Dropping out to do BCOM, still coming for free shit at pharmacy events

Where's BombaGYAN?

Look out for the hidden Gyan's



10 Points



20 Points



40 Points


HAPPY
21
Levi's


Ngā Kaitiaki o te Puna Roimoa o Aotearoa
The Māori Pharmacists Association
Ka piki te wai,
ka heke te wai,
ka puta te puna,
hei roimoa
BUILD



FLAT CRAWL

AKA. THE CLASSIC PHARMACY PISS UP

Flat Crawl 2025 went down on the 15th of March, and let's just say... pharmacy students know how to commit to a theme. Even though we're all in the same degree, we're at different points in the BPharm timeline – and this year's costumes summed that up better than any timetable could.

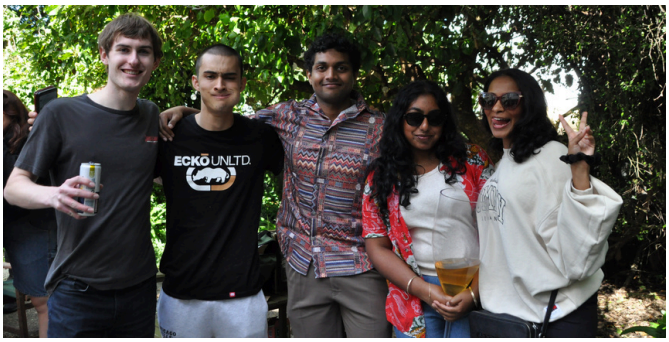
The P2s, being the true babies of the course, rocked up as infants and children. We're talking bibs, bottles, diapers (unconfirmed if they were functional), and tantrums on demand. The P3s were in their "awkward middle years," showing off full mid-life crisis energy. Expect to see stressed office workers, and gym dads who peaked in high school.

Meanwhile, the P4s leaned into retirement chic. Walking sticks, granny glasses, crocheted cardigans, and Werther's Originals galore – some of them were a little too convincing, honestly.

The night had all the essentials: a solid BBQ to fuel the chaos, music to get everyone moving, and professional photographers catching both the iconic poses and the "please delete that" moments. And, of course, the Best Dressed competition, where people went above and beyond (shoutout to our social rep for dressing up as an almost realistic grandpa, almost had us fooled).









It wasn't just a crawl – it was a full generational saga, from newborns to pensioners, all happening in one unforgettable night. Pharmacy might be hard work, but Flat Crawl proved we're experts in aging gracefully... or at least faking it with costumes and a little liquid courage.

THE HOPE WAS TO CARRY THIS ENERGY ON TO OUR NEXT EVENT...





WINE 'N' CHEESE

Pharmacy Wine & Cheese made its grand return in 2024 – and what a night it was!

On Saturday, 3rd May, pharmacy students swapped their lab coats for formal fits and gathered at Deja Vu Eats for one of the most elegant evenings of the year. The night was filled with good food, flowing drinks, and plenty of laughter as everyone came together to celebrate in style.



Highlights of the evening included:

- A delicious spread of food that kept everyone grazing between chats and photos
- A wide range of beverages – from wine and beer to RTDs and non-alcoholic options, ensuring there was something for everyone
- Professional photography capturing the best (and funniest) moments of the night



A huge thank you went out to Pharmacy Solutions Ltd, who proudly sponsored this year's Wine & Cheese and helped make the event such a success.



Doors opened at 7:30PM and closed promptly at 8:00PM, keeping things running smoothly while the crowd settled in for an unforgettable night. With everyone dressed to the nines and the atmosphere buzzing, Wine & Cheese once again proved why it's a standout on the pharmacy social calendar.






OPEN EVENING



Vaccinating and learning how to aseptically load a syringe!

Compounding lip balm.

This year's School of Pharmacy Open Evening was a great success! With over 70 tauira (future pharmacists 😉) coming to join us for the evening!



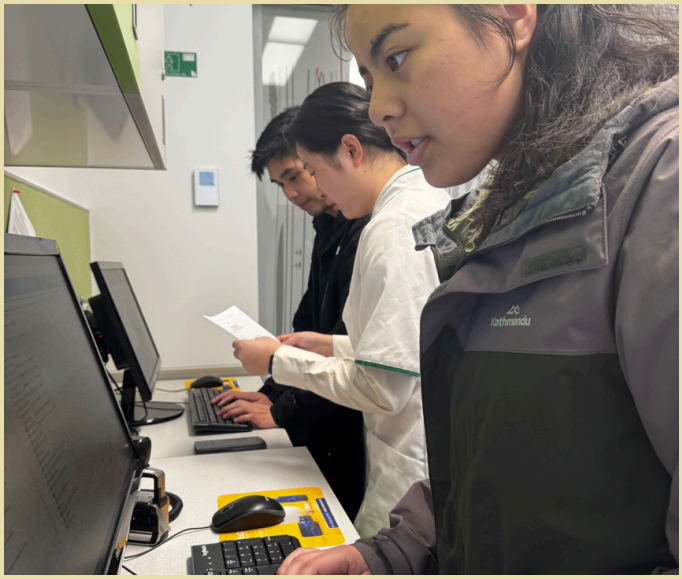


Future Pharmacists honing their skills!

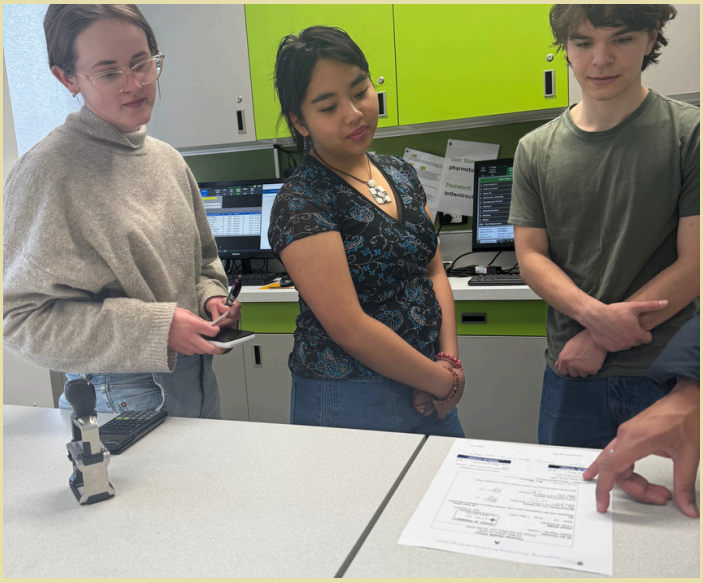
Together we practiced vaccinating, compounding, blood pressure checking, inhaler technique and learnt about the components of Rongoā!

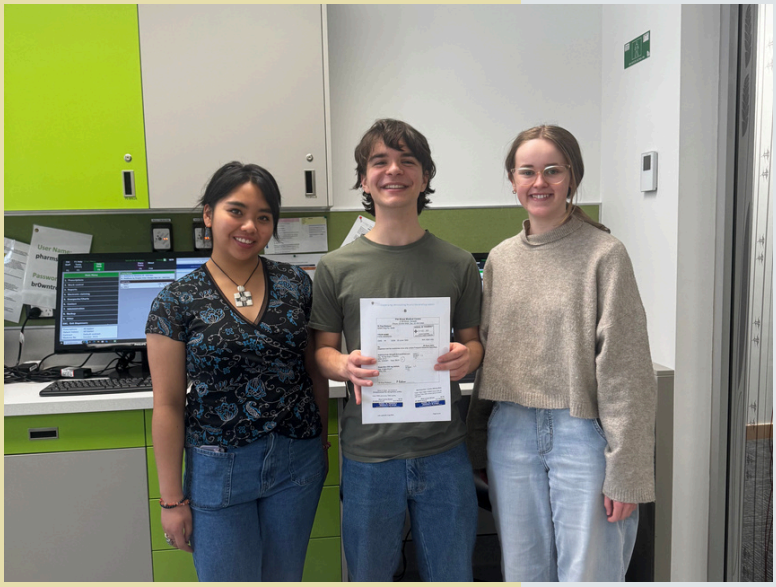

Open Evening!

PATIENT COUNSELLING EVENT & DISPENSING RACE









Patient counselling event is an IPSF competition held at the regional assemblies and world congresses. Students go into stations where they have to provide a patient with the best advice and treatment, if relevant.

The dispensing race is unique to the School of Pharmacy here at Otago. Students form own groups and navigate through prescriptions with some challenges.

These competitions were a healthy platform to instil some element of excitement and pressure on pharmacy students while still remaining as an opportunity to learn.







Teddy Bear Hospital!







Semester 1 clinic!

CARISBROOK SCHOOL

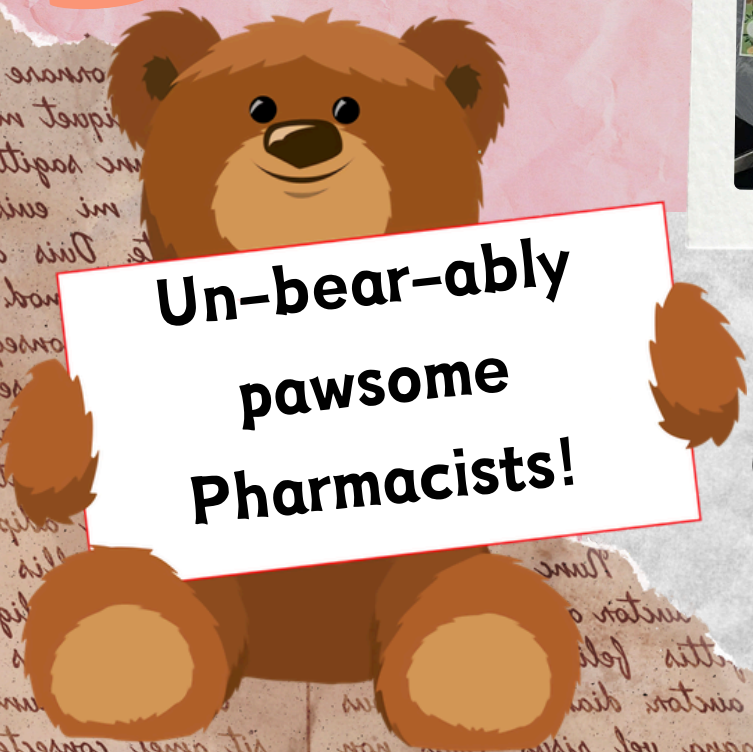


Semester 2 clinic!

HUNTER CENTRE







Un-bear-ably pawsome Pharmacists!

Thank you to everyone who helped make these events possible and fun! Whether you decorated prescriptions, counted mint tablets, measured liquids, bandaged teddies, or helped on the sausage sizzle, your positive energy and smiles made the day extra special for all who participated - especially the children and their teddies!









ASIA PACIFIC PHARMACEUTICAL SYMPOSIUM 2025

APPS is an annual regional 5-day symposium held across the Asia Pacific region. This year, 4 of us from the School of Pharmacy attended the 24th IPSF APPS in Kuala Lumpur, Malaysia. Myself (Sumeetha), our NZAPS-O President (Naomi Knox) alongside Katelin and Yuran from P2 took part in several activities, competitions and the regional assembly that took place over the week. APPS has a rich network that connects pharmacy students across nations in the pharmaceutical field. We also gain experience and knowledge about the pharmaceutical industry in the host country. Making friends from other parts of this region of the world also allows for opportunities to learn outlooks of pharmacy in different parts of the world.

APPS also involves sight-seeing and cultural experiences. We got to tour Kuala Lumpur's iconic spots!

Milestone and activities...

Our bold P2 representatives took part in the compounding competition despite no prior experience! Rest assured they had a wonderful time.

Our annual member organisation report presented by the NZAPS-O IPSF CP was accepted during the regional assembly.

Most importantly, we got to leave with tons of memories, new friends and some really good Malaysian food.

70th IPSF World Congress

This August, our President attended the IPSF World Congress held in Nairobi, Kenya. It was a fantastic event with delegates from around the globe! Asante sana Kenya!



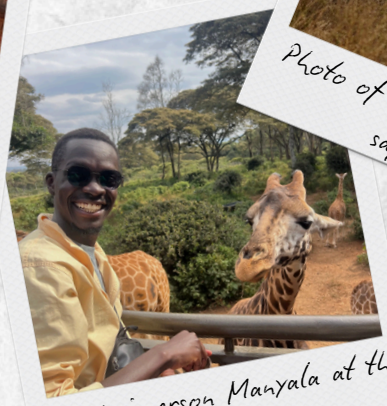
APRO Dance at Gala Night



Your 2025-2026 IPSF Secretariat <3



Photo of Rhino taken on safari



WC Chairperson Manyala at the Giraffe Centre



Delegates at the Closing Ceremony.



Naomi chairing the General Assembly.

NAPSA Congress



5 NZAPS-O tauira including Te Puna Kaitaka's Tumuaki Tuarua attended this years NAPSA congress held in Brisbane. It was an exciting and heated 6 days full of learning, connecting, and networking with our fellow peers across the ditch. During this 1 week event - NZAPS-O students participated in education workshops, presentations from pharmacy leads in Australia, and took part in the events that the congress committee organised. Pub Crawl was a hit among everyone and battle night was full of fun competition.

NAPSA Congress is an exciting event that all NZAPS-O students should attend. You'll make connections that can lead you to many, many opportunities!

THE NETAMPHETAMINE EDITION OF

Social Sports



This year's pharmacy social sports were an absolute highlight! We kicked things of with a brand-new team name, the **Netamphetamines**!

Across both semesters, we took to the courts for netball and volleyball every Tuesday and Wednesday night. Semester 1 was close to our strongest performance yet, as we were close to going undefeated in both sports! Social sports proved to be an awesome way to bring together students from all year levels, and I really enjoyed the chance to run them.

We also were involved in interfaculty sports, competing in a mini tournament of basketball and netball against teams from med, dent, and physio. Even though we didn't always come away with the win, the energy was great, and it was so nice seeing everyone who came along to support.

Overall, it was a fantastic year for pharmacy sports, and a perfect way to take a break from study to meet new people and enjoy some competition.

I also want to thank everyone who participated throughout the year! Everyone did amazing and I hope the people who are still here next year will continue to play!

Tairāwhiti inter-professional placement

The IPE placements are a unique experience that sends P4 students to Greymouth or Gisborne to work, live and study alongside other health professional students.

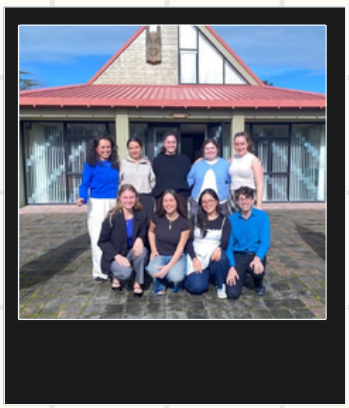


I spent five weeks in Tairawhiti with seven other amazing students studying medicine, occupational therapy, and dietetics. I was based at one pharmacy most of the time. This helped me develop a great support network and ingrained me in the community as I got to meet regular patients, generations of whanāu and many different professionals. I became a member of the team over the five weeks in my pharmacy, getting invited to team outings, banter and lunch trips.



> I signed up for this placement on a whim, but I'm so happy I ended up in Gisborne.

The IPE team put on a lot of group activities for us to experience rural living. I spent a day on a farm shearing sheep, milking cows, and riding horses (even though I fell off one). We also did a heritage walk to learn the history of Gisborne, and cross-fit as we were all gym bros.



My IPE flatmates became my family while I was away. I got the opportunity to shadow them at their clinics and see them in action, helping me learn how we can work together even from afar. We spent weekends exploring Gisborne and the surrounding areas. We did some breathtaking hikes to reconnect with nature after long weeks in the clinics, tasted our way through Gisborne's many fine eateries, swam in the ocean in the middle of winter, "relaxed in hot pools," and educated each other on the movies that were integral to our childhoods.

I made new friends, experienced things I never would've done otherwise and developed a deeper understanding of rural and māori health issues. I would recommend IPE placements to anyone looking for something out of the ordinary.

Te Tai o Poutini Inter-Professional Education Placement



Rotation 3 group



Rotation 2 group



In 2025, the School of Pharmacy sent two lucky students each semester to Te Tai o Poutini for their P4 Rotations. It was five weeks spent in the great West Coast of the South Island with five other students studying Occupational Therapy, Dentistry, Dietetics, and MedLab Sci!



How many seals can you spot?

Placement in the West Coast looked a little different compared to your typical placement, each student got to spend two to three weeks at each pharmacy, which allowed them to get to know the team and patients well. Some students were also able to visit Te Nikau Hospital for a week or 2 and experience rural hospital pharmacy. One day each week, students shadowed other health professionals, gaining a profound respect for all the professions who care for patients at every stage of their journey.

The Te Tai o Poutini team were amazing for planning cool activities for the students to do at the end of the week. Activities included: carving pounamu, feeding cows, eel feeding, visiting a plant nursery, and many more.

Aside from placement and activities, the groups got around the West Coast in the IPEMobile visiting awesome places like Punakaiki, Hokitika Gorge, Fox River, the Glaciers, and went on many hikes!

Carving our own pounamu









Might be health professional students, but can't read directions on a trail!





Driftwood hut swing

Emersons? ≠ Monteiths



COLOUR IN PAGE



WOULD YOU RATHER

Start from 1st year health sci all over again

OR

Fast forward to the middle of your career with your knowledge now

1ST



Do an OSCE in front of your whole cohort

OR

Repeat the lab practical P2 test in front of your whole cohort





Be the sole charge pharmacist

OR

Hate your coworker



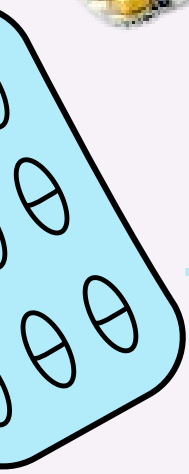
Breath smells like flucloxacillin

OR

Armpits smell like metformin







Blister pack 1000 medicines

OR

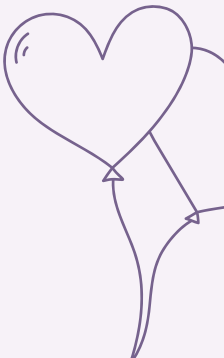
Process 1000 medicines



Accidentally call a patient Mum

OR

Say “love you” to a patient



M3 U1 M3



TOP MONSTER ENERGY DRINKS

There's only one way to survive Uni.....

Unleash the Beast!

Ultra Strawberry Dreams

This drink has pushed me through many a deadline. The sweet and tangy strawberry flavour isn't just the stuff of dreams, it helps you reach them.



Flavour: 15/10
Can art: 7/10
Beast unleashing: 7/10

Zero Ultra

She's a classic for a reason. You bring one of these to class and everyone knows what kind of day you're having, but hey you deserve it!



Flavour: 7/10
Can art: 6/10
Beast unleashing: 7/10

Pipeline Punch

This is meth in liquid form. Somehow the sugar and caffeine react to make you a god for 45 minutes. Use this information wisely.



Flavour: 7/10
Can art: 5/10
Beast unleashing: 1000/10

Mango Loco

Imma be real... I bought this for the first time cos I thought the can was pretty. But it's actually pretty good! Mango always feels like a healthy choice, it's a fruit right?



Flavour: 8/10
Can art: 7/10
Beast unleashing: 8/10

Ultra Violet

Hear me out... She's a controversial choice. But it's good! This drink is like a liquid nerds rope. It reminds me of my childhood, but only the good parts...



Flavour: 8/10
Can art: 7/10
Beast unleashing: 7/10



PROTEIN BAR review



TOP PICKS FOR 2025



Maxine's BURN Bar

Once dismissed as the kind of bar an almond mom would worship, these bars have been severely slept on. With a variety of palatable flavors and a satiating crunch, Maxine delivers every time.



Taste: 10/10
Texture: 10/10
Macros: 10/10

Top Flavours: Choc Caramel Crunch, Choc Fudge, Mint

Musashi Protein Crisp

Super viking, king crispy protein bar warlord...feels like a candy bar with a sneaky 20g of protein snuck inside...



Taste: 9/10 (a bit too sweet sometimes)
Texture: 10/10
Macros: 8/10

Top Flavours: Cookies n Cream, Chocolate

Muscle Nation Custard

A bit lacking in the protein depot for a bar that claims to be from the Muscle Nation... but a delectable treat all the same...



Taste: 10/10
Texture: 10/10
Macros: 5/10 ☹

Top Flavours: Cookies n Cream, Birthday Cake

INC: Shred Max

No better way to start the day than with a brick in your stomach! Nah kidding, the Peanut Caramel almost gives Snickers vibes.

... okay, maybe that's a stretch.



Taste: 8/10
Texture: 7/10
Macros: 10/10

Top Flavours: Peanut Caramel, Chocolate Caramel

Body Science Mousse Bars

You are... you are GORGEOUS!

Minus a point for being too crumbly to consume in public. Hey, it's only embarrassing if you're embarrassed...



Taste: 10/10
Texture: 7/10
Macros: 8/10



Top Flavours: Strawberry, Honeycomb

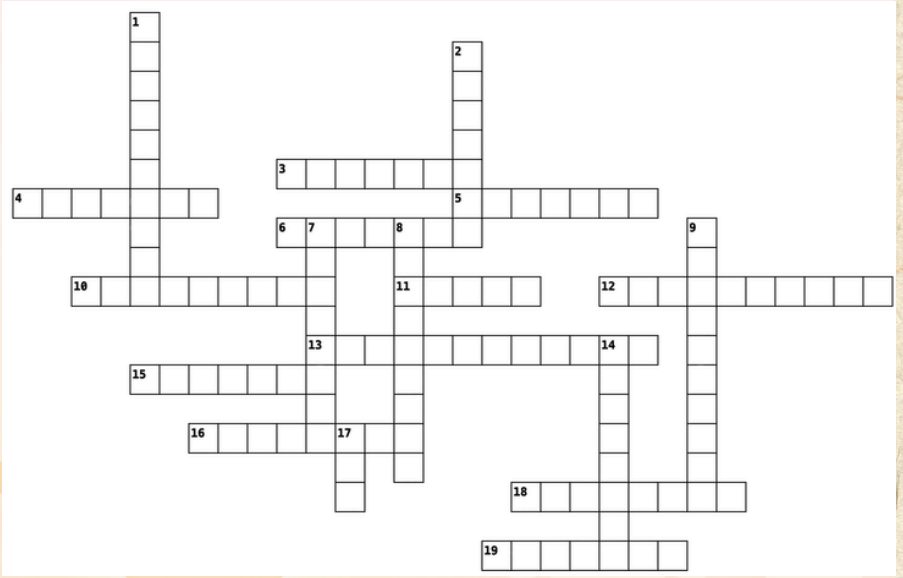


Word search

P	A	N	A	L	G	E	S	I	C	L	C
Q	H	G	N	O	P	I	O	I	D	S	A
P	T	A	B	L	E	T	S	H	I	T	P
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I	P	S	E	M	J	M	E	A	P	T	U
N	R	T	S	H	A	N	C	O	L	N	L
S	T	A	T	I	N	C		D	E	E	E
U	D	I	C	K	I	G	Y	L	S	M	F
L	I	W	O	N	P	H	A	I	Q	T	O
I	Q	W	E	G	A	S	O	D	B	N	R
N	J	S	Y	R	I	N	E	M	Y	I	T
G	E	N	E	R	I	C	F	X	H	O	H

Capsule
Insulin
Tablet
Generic
Syringe
Dosage
Ointment
Vaccine
Statin
Pharmacy
Opioids
Analgesic

Crossword



Down

1. Drug administration route bypassing the gut
2. An unwanted drug effect
7. Harmful amount of a medicine or drug
8. Device that turns liquid medicine into mist
9. Healthcare professional who dispenses medicines
14. Mixture of oil and water with stabilizer
17. Student lifesaver (abbr.)

Across

3. Device for delivering medicine to the lungs
4. Liquid used to reconstitute a medicine
5. Free from living microorganisms
6. Medicated sweet thatNebulisers in the mouth
10. Time for drug concentration to reduce by half
11. A single large drug dose, often IV
12. Product formed when the body breaks down a drug
13. Suspension where the dispersed particles exist as individual,
separate entities
15. Inactive substance used in trials
16. To prepare and supply a prescription
18. Degree to which a drug can cause harm
19. Measure of a drug's strength

quiz pharmacy which lecturer are you?

Follow this flow chart to find out what type of lecturer you are!

go

Are you uploading your notes as a pdf or a powerpoint?

Powerpoint

PDF

Both!

Have you ever gone on a passionate rant about a topic you clearly love more than your job requires?

No time

Yes

Do your students imitate your catchphrases behind your back (lovingly, of course)?

Yes

No

No, they're trying

Do you visibly react when students pronounce drug names wrong - but try to hide it?

No!

Do you love travelling?

Only for conferences

Do you reply to emails faster than some people respond to texts?

Yes

No

Do you occasionally go off-topic to tell chaotic real-world pharmacy stories?

Yes

No

Have you ever pulled an exam question directly from something random you said in class, just to see who was listening?

Yes

No

Flocculated? OR De-flocculated?

De-flocculated

Flocculated

everest climber

Though you may find yourself lost in deep thought, or on rants about the multiple times you've climbed Everest, you are truly kind-hearted, and can't help but try to help anyone you can.

lab expert

An expert in the lab (majority of the time), and someone that'll never forget the difference between a spectrometer and a spectrophotometer. But you rarely smile... like it's eerie.

iconic

Iconic doesn't even begin to cover it. It won't be long before your class makes fan-cam edits of you. Like a crazy amount. Future students won't be able to resist talking about you at placements.

life-long learner

You're someone that's always looking to learn, 4 years at University isn't close than enough for you. You're an easy going conversationalist, that students can't help but have a yarn with.

P4s in 2026

Auckland:
- **Brynn McBurney:** Middlemore Hospital
- **Hana Yim:** Unichem Neills
- **Georgia Doherty:** Auckland City Hospital
- **Jonah Smith:** Gap Year
- **Muhan Gao**
- **Suraiyaa Khan:** Unichem Red Beach Pharmacy
- **Yuvraj Chaudhary:** Chemist Warehouse Flat Bush
- **Min Yi Yit:** East Auckland
- **Wakana Yamaji:** Bargain Chemist Mt Wellington
- **Ethan Palermo:** Unichem Manly
- **Fayee Tong:** Bargain chemist
- **Phylicia Chong** & **Yi Rou Lim:** Chemist Warehouse Albany
- **Amy Wang:** Unichem Apollo
- **Rin Chang:** Pharmacy on Shakespeare
- **Tay Xin Pei:** Chemist Warehouse Ronwood Centre
- **Sai Chakrahari**
- **Aimee Hendren:** Life Pharmacy Orewa
- **Rama Fashwal**

Waikato:
- **Ayla-Rose Narbey-Nimeti:** Sanders Pharmacy, Te Awamutu
- **Zee Yee Yau:** Chemist Warehouse The Base
- **Emma Tuckey:** Waikato Hospital
- **Gyan Lumo:** Disney World
- **Zhi Qi Wong:** Chemist Warehouse Cambridge
- **Isobel Knowling:** Unichem Cambridge
- **Kieran Draper:** Unichem Tokoroa
- **Grace Gill:** Life Pharmacy Matamata

Bay of Plenty:
- **Te Aniwa Tutua:** Whakatāne Hospital
- **Chris Griffiths:** Life Pharmacy Te Puka
- **Holly McCullough:** John's Photo Pharmacy
- **Naomi Knox:** Rotorua Hospital
- **Geumyeong (Kevin) Jang:** Unichem Brookfield
- **Grayson Westgate:** Papamoa Plaza Pharmacy
- **Chloe Light:** Tauranga Hospital

Manawatu/Taranaki:
- **Hind Darwish:** Unichem Chemist Shop, Palmerston North
- **Zoe Turner:** Taranaki Base Hospital
- **Morgan Mills:** Care First Pharmacy, New Plymouth
- **Abbey Henderson:** Whanganui Hospital

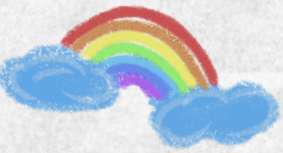
Gisborne/Hawkes Bay:
- **Ophelia Ross:** Sean Shivnan Pharmacy, Gisborne
- **Pippa Croft:** Hawke's Bay Hospital
- **Guntas Ahluwalia:** Gisborne Hospital

Wellington:
- **Annissa Izham** & **Stacey Lee:** Chemist Warehouse, Lambton Quay
- **Natalie Su**
- **Jenna Bae:** Life Pharmacy North City
- **Darren Nam:** Molesworth Street
- **Grace Gardner:** Wellington Island Bay pharmacy
- **Minh Tam Haldane:** Wellington Hospital
- **Ollie Simpson:** Miramar Unichem
- **Tala Farah:** Khandallah Pharmacy
- **Andy Jung**

Kuwait:
- **Aaref Haidar:** Kuwait City
- **Shaimaa Alkhabaz:** Kuwait City
- **Mohammed Hayat:** Kuwait City

Malaysia/Singapore:
- **Tian Chang Ho:** Malaysia
- **Sumeetha Raj:** Singapore General Hospital

P4s in 2026

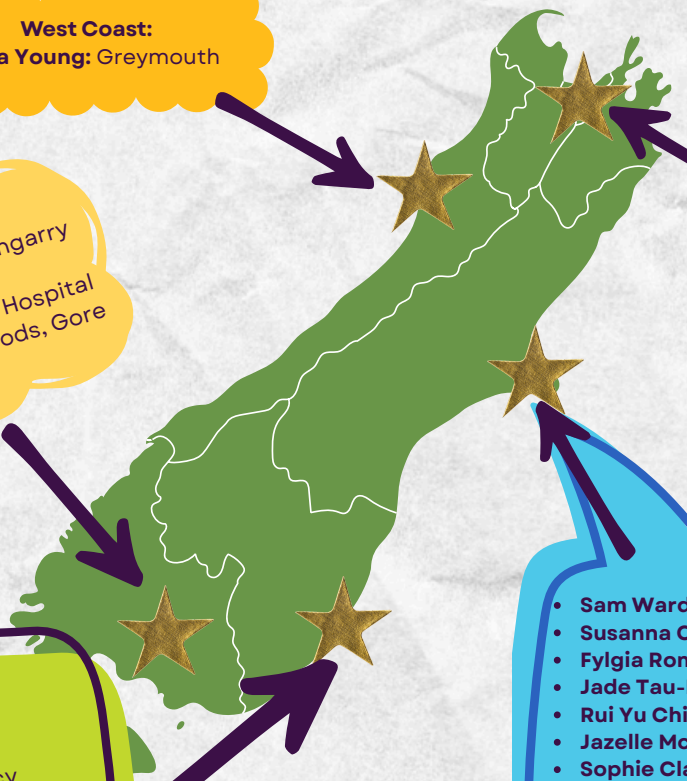


West Coast:
- **Ava Young:** Greymouth



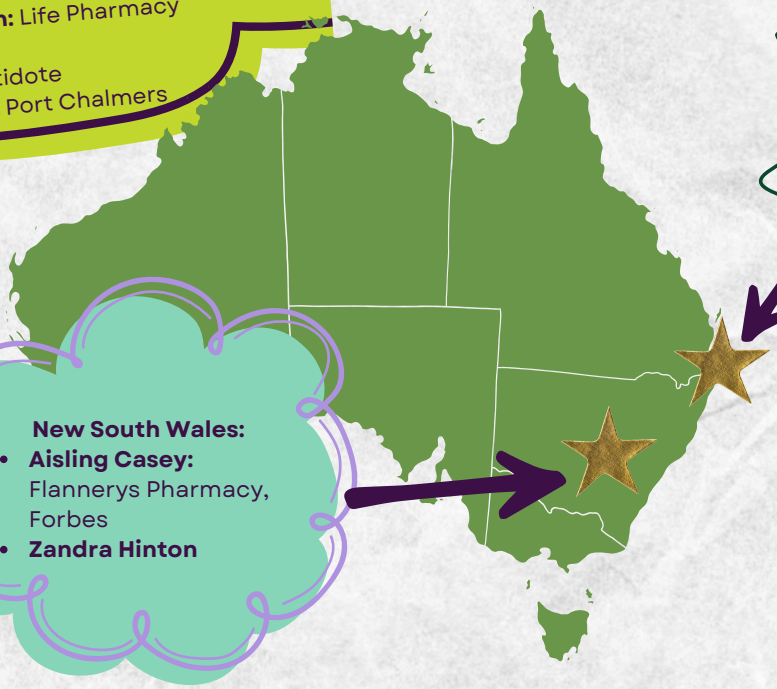
Southland:
- **Vachrisa Stevenson:** Glengarry Pharmacy, Invercargill
- **Isla Gellatly:** Southland Hospital
- **Poppy Patching:** La Hoods, Gore

Nelson
- **Zoe Fissenden:** Nelson Hospital



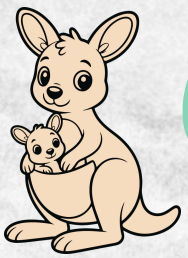
Christchurch:
- **Sam Ward:** Barrington Life Pharmacy
- **Susanna Chen** & **Belle Chang:** Remedy St Albans
- **Fylgia Romero:** Chemist Warehouse South City
- **Jade Tau-Manuel**
- **Rui Yu Chiah**
- **Jazelle McCormick:** Prestons Unichem
- **Sophie Clarke:** Unichem Bishopdale
- **Josie Grant** & **Nick Workman:** Christchurch Hospital
- **Helen Liu:** Remedy Riccarton
- **Jacob Spijkerbosch:** Life Merivale
- **Anna Mason:** Woodham Rd Pharmacy
- **Matthew Peoples:** Phillipstown and Beckford Health Pharmacy
- **Jinghan Wang**
- **Crystal Yi**

Dunedin:
- **Rui Yin Chung:** Larson's Pharmacy
- **Fonie Ka**
- **Mel Burt:** Roslyn Pharmacy
- **Kathryn Monaghan:** Unichem Alexandra
- **Kakneka Nam** & **Winnie Zeng:** Bargain Chemist
- **Bella Hackett** & **Nikayla Barnard:** Dunedin Hospital
- **Abigail Newton Kakumanu:** Unichem Taieri
- **Pearl Park:** Woolworths Pharmacy
- **Wei Loh:** Antidote (Nepotism)
- **Grace Dixon:** Life Pharmacy Centre City
- **Sol Lee:** Antidote
- **Peter Guo:** Port Chalmers



Gold Coast:
- **Elmira Dvoracek**
- **Shelby Rupa-Hayward:** Blooms the Chemist

New South Wales:
- **Aisling Casey:** Flannerys Pharmacy, Forbes
- **Zandra Hinton**





Pharmacy Horoscopes



Your 2000s pop culture moment: Kim Kardashian *** video

Aries

March 21 – April 20

Aries, exam season is finally over, congratulations on reining in the impulsivity to study hard. We predict new beginnings this summer and in the new year, make sure to take every opportunity that presents itself. Take the break to let loose and cure your boredeom



Your 2000s pop culture moment: Wife swap most infamous spoiled brat

Taurus

April 21 – May 20

Taurus, your "all or nothing" attitude really stood out this exam season. Give your friends that dragged you out of the library a huge thanks or a cuddle. Take the time this summer to have a break and leave the house! Maybe go shopping too, there is such thing as too much outfit repeating.



Your 2000s pop culture moment: Winona Ryder shoplifting

Gemini

May 21 – June 21

Gemini, we all know you had a hard time stuck studying this exam season. Its okay if you snuck out to pint night once or twice to bless people with your charisma. This summer make sure to balance having fun with preparing for the upcoming year and maybe stop using humour as a crutch.



Your 2000s pop culture moment: Apparently Kid

Cancer

June 22 - July 22

Cancer, your loyalty has carried you far this year. This exam season asked you to balance studying with supporting those you care about, and you managed it with heart. With the academic year coming to a close, new beginnings are ahead. Use the summer to rest, recharge, and give yourself the self-care you deserve.

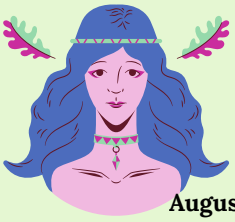


Your 2000s pop culture moment: Beyonce going solo

Leo

July 23 - August 22

Leo, you've had to get creative this exam season, but next time a little earlier revision could make things easier. With summer on the horizon, you'll want to shine. Why not try a fresh haircut or style to stand out even more? Leos love their consistency, but this is the perfect time to experiment and surprise yourself.

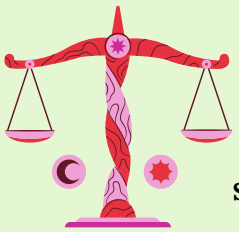


Your 2000s pop culture moment: JT super-bowl halftime performance

Virgo

August 23 - September 22

Virgo, now that exams are over you don't know what to do without your colour coded study schedule. Never fret! You can start planning your summer for maximum fun and revision. To make yourself feel useful pick up a new hobby, maybe yoga for your spatial awareness?



Your 2000s pop culture moment: Lady Gaga meat dress

Libra

September 23 - October 23

Libra, our resident diplomat. How many conflicts did you resolve this year? We know your indecisiveness has made planning for summer hard, but don't worry any decision is a good one. New beginnings are on the horizon, you just have to decide to take them!



Your 2000s pop culture moment: Kanye West and Taylor Swift VMAs

Scorpio

October 24 - November 21

Scorpio, your resourcefulness has served you well this exam season. While your passion may not be for pharmacy or studying, you did well to stay the course. We know you stay being consistent but this summer maybe try something new? You never know.



Your 2000s pop culture moment: Britney Spears shaving her head

Sagittarius

November 22 - December 21

Sagittarius, we know that its hard to study in Central when you have to say hi to everyone you know! Maybe next year try practicing your indoor voice to minimise interruption. This summer is another self-improvement era, you can never rush perfection. Take the time to rest and reset before another social year.



Your 2000s pop culture moment: ALDC Pyramid

Capricorn

December 22 - January 19

Capricorn, your discipline and sense of responsibility made this exam season feel like a breeze, and many admire your focus. This summer brings change, so embrace it with confidence. Take time to be more forgiving and reflect on the emotions that may have gotten in the way of your studies.

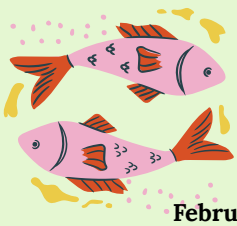


Your 2000s pop culture moment: Jonas brothers purity rings

Aquarius

January 20 - February 18

Aquarius, your independence and intellectual traits have been so beneficial this exam season. We know you can struggle to be understood, but once you find a small group that gets you it'll be right as rain. This summer take the opportunity to meet new people and try new things! Don't worry about changing, your perfect as is!



Your 2000s pop culture moment: Brad Pitt and Jennifer Aniston

Pisces

February 19 - March 20

Pisces, your desire for escapism has made exam season a struggle. Don't worry summer is on its way and you can escape all you want! This summer maybe try a dream journal, so you can remember whats dreams and whats real life! Your romantic nature will serve you well this summer.

Annual AGM

Our annual AGM took place on the 16th of September 2025 in the OUSA Atrium where all the annual reports from the executive committee were passed and the 2026 executive team was announced!

A huge thank you to all the amazing candidates that threw their names in the ring and were super enthusiastic through the whole election process!!

Congratulations to the 2026 executive team, NZAPS-O is left in good hands :))

Our 2025 Contribution Awards:

Best New Initiative
Emma Fotheringham (Hall Visits)

Most Improved Initiative:
Zoe Turner (Mentorship Programme)

Best Team Player:
Rui Yin Chung (PGA Audit)

YOUR 2026 EXECUTIVE TEAM



Danbo Bae: *SEO*

Amelia Harris: *Welfare*

Andrea Austin: *Revue*

Emma Fotheringam: *President*

Louisa Stuart: *Treasurer*

Katelin Chan: *IPSF-CP*

Shavonne Ramiah: *Education*

Lauren Young *Admissions*

Anna Dang: *Marketing*

Paul lee: *Secretary*

Raj Hamlal: *Sports*

Harry Tran: *Social*


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